REDBOOK

love your life

28 sexy things to try in bed

He *so* wants to test these out with you!

JILLIAN MICHAELS shares the *Biggest Loser* secrets that work for every woman

12 sneaky ways you can save $5,000

without cutting your budget

5 tricks for more energy (on less sleep)

When mom and dad go to war

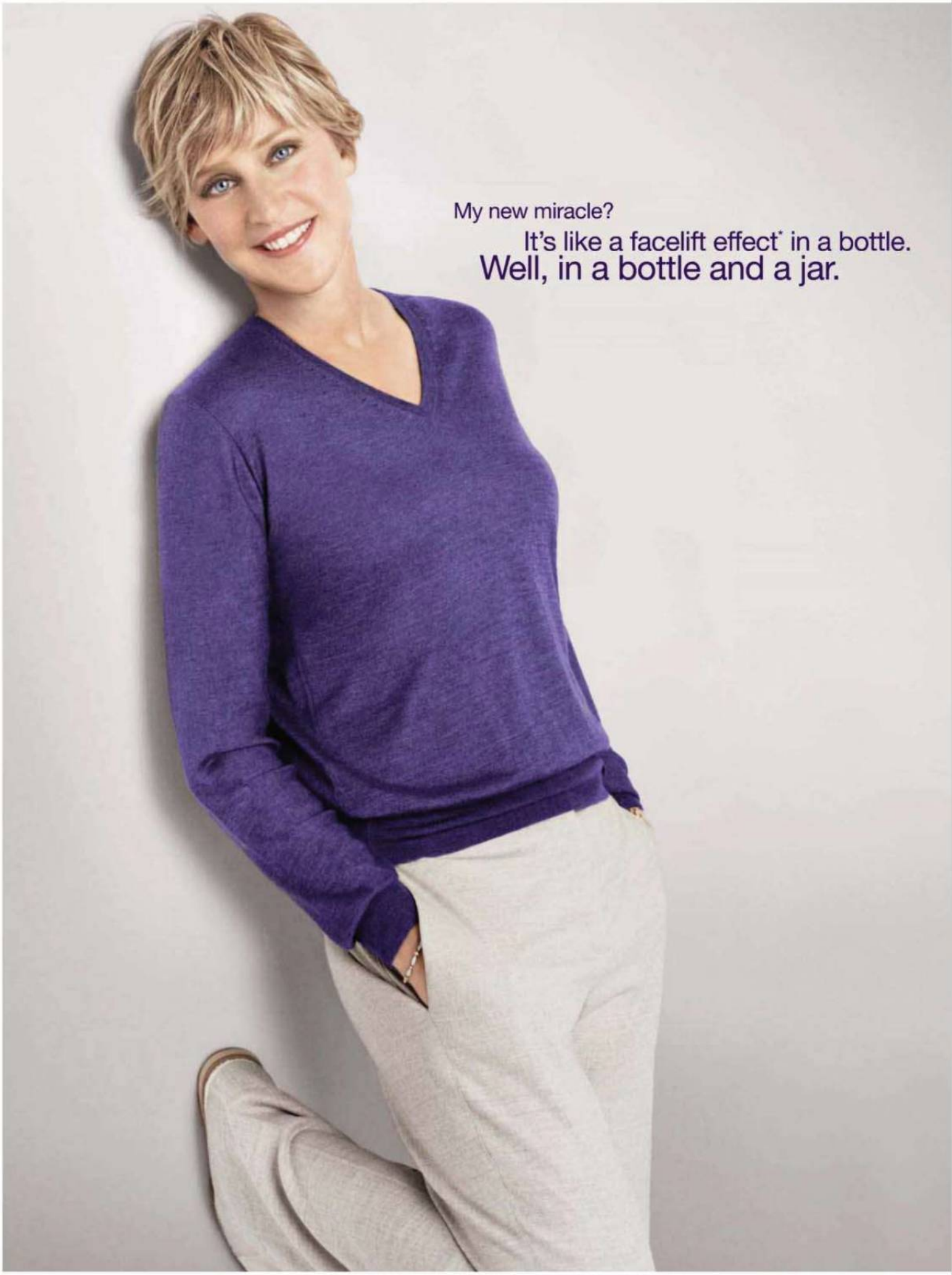
How our brave military families cope

21 best beauty buys of summer

PLUS

America's greatest burgers!

Contest winners, p.156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July

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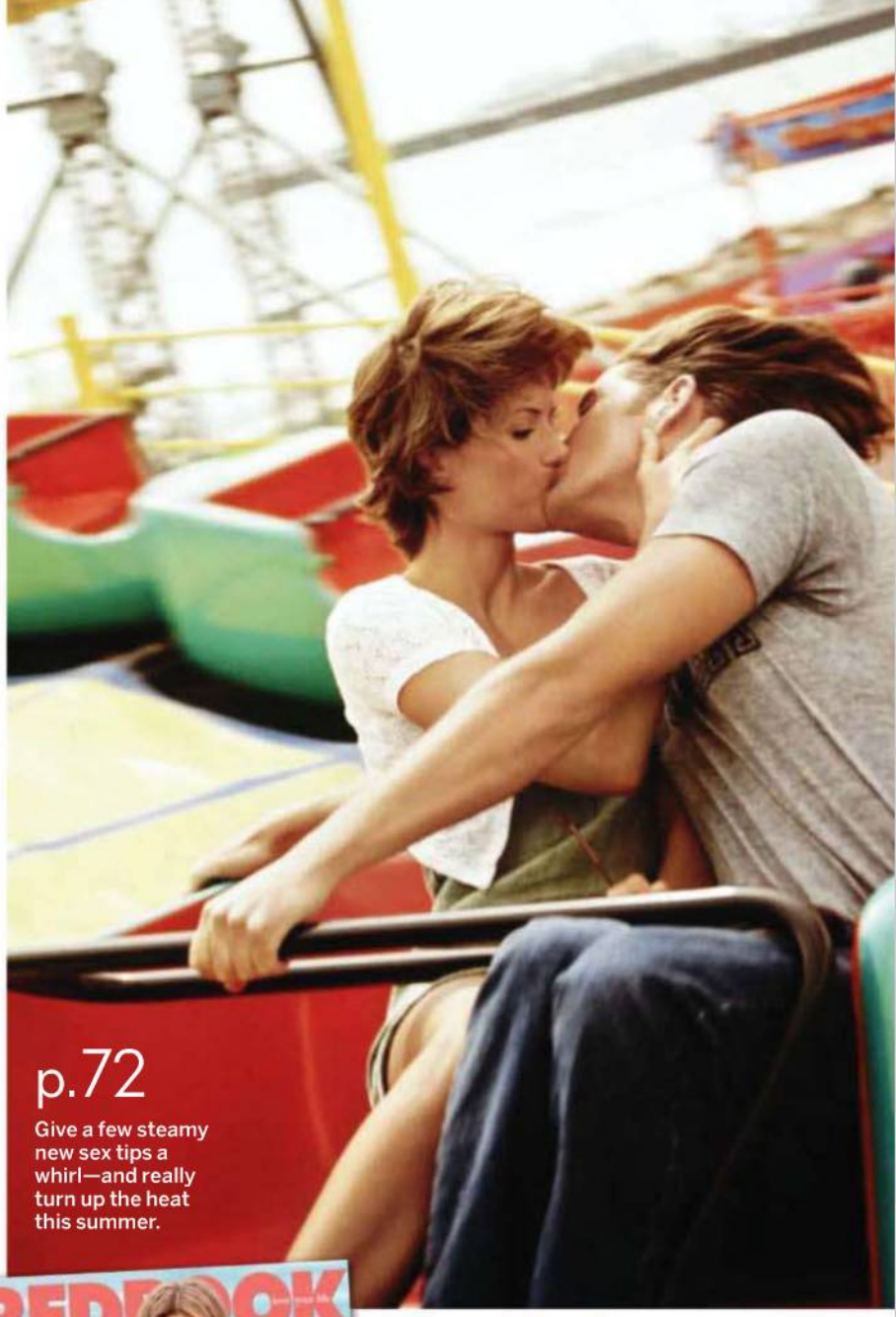
Get glowing in accessories that pop.



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Give a few steamy new sex tips a whirl—and really turn up the heat this summer.

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Jillian Michaels photographed exclusively for REDBOOK by Jack Guy. Hair: Enzo Angileri for Cloutier Remix using Tresemmé. Makeup: Joanna Schlip for Cloutier Remix using Red Carat Kolour. Manicure: Loretta Hamilton. Stylist: Kemal + Karla at The Wall Group. Cardigan, Tibi, $225; Menina, Westfield, NJ, 908-654-0358. Bandeau bikini top, Lands' End Canvas, $35; landsendcanvas.com. Shorts, Anlo, $158; Mynt Boutique, Elcon, NC, 336-542-9142. Belt, J.Crew. Necklace, Jane Basch, $625; janebasch.com. Bracelet, Anita Ko, $2,800; Arcade Boutique. Ring, Carla Amorim, $3,800; The Squash Blossom, Vail, CO, 970-476-3129. Get Jillian Michaels's look with makeup by CoverGirl and hair care by Herbal Essences. Makeup: CoverGirl Clean Liquid Makeup for Sensitive Skin in Medium Light. Simply Ageless Sculpting Blush in Rich Cinnamon. LiquiLineBlast Eye Liner in Silver Spark. LashBlast Fusion Mascara in Black. ShineBlast Lip Gloss in Aglow. Hair: Herbal Essences Body Envy Volumizing Mousse. Tousle Me Softly Finishing Touch Cream.

FROM LEFT: PETER ROSA/STUDIO D; STEPHANIE RAUSSER/SARAH LAIRD INC./TRUNKARCHIVE.

July

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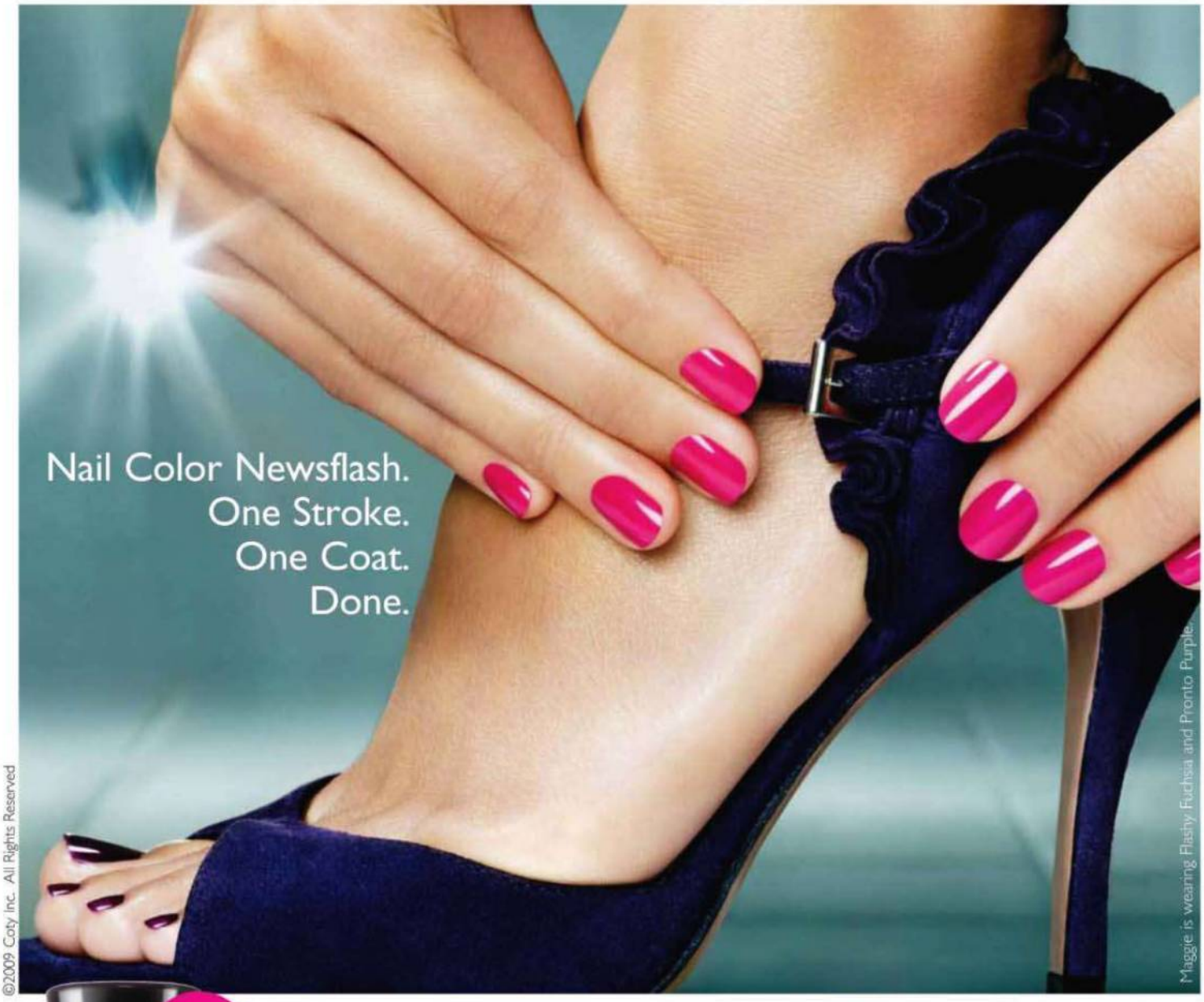
Summer's sexiest non-color: white.

Red-Hot Author Jennifer Weiner (Turn to page 76 for her story!)

Best-selling author Jennifer Weiner has seen her stories hit the big screen (*In Her Shoes* with Cameron Diaz) and make a splash all over the world (11 million copies sold!)—but being asked to write this year's Red-Hot Summer Read gave her a whole new kind of thrill. "I loved the idea of creating a heroine who could be a REDBOOK reader, and I got hooked on the idea of identity. What would happen if a married mom was suddenly seen as a single woman?" In this dishy read, Piper Garroway DeWitt learns that her husband is leaving her the night before her can't-miss business trip. But when her plane is grounded, Piper realizes her crisis could be an opportunity for self-discovery. What's next? "With no one expecting her home, Piper becomes a ghost in her own town and can begin to make choices about what she really wants in life," Jen hints. Read Part I beginning on page 76 and stay tuned for Part II, coming in our August issue!

FROM TOP: TROY WORD; ANDREA CIPRIANI MECCHI.



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July

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Increase the fun factor of every weekend this summer with our easy ideas.

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ENTERTAINING IN A SNAP

Nothing beats eating outside on a warm summer evening. Whether you're planning a 4th of July barbecue or just looking for an excuse to hang out with friends, log on to **redbookmag.com** for completely easy menus, entertaining tips, and great ideas to make your backyard affair memorable.

All-American cookout

● **redbookmag.com/cookout**

You can't go wrong with this no-fuss, family-friendly backyard barbecue menu featuring the best dogs, brats, fixin's, salads, and more!

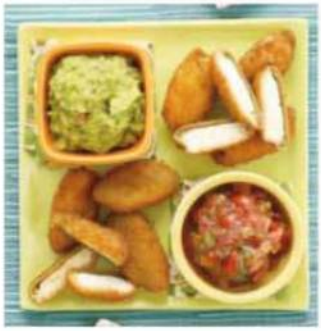
Party like Giada

● **redbookmag.com/giada**

Food genius Giada De Laurentiis invited us over for a day in the sun with her favorite recipes. Find out what this celeb chef makes for her own parties.

Store-bought soirée

● **redbookmag.com /instantparty**



Throwing together a last-minute dinner with the girls? Impress without the stress! A quick trip to the store is all you'll need to make these ready-to-serve dishes and drinks.

Grown-up get-together

● **redbookmag.com /summerparty**

From start to finish, wow your guests with this delicious menu of chilled cocktails, savory steaks, and sweet treats. (Fudge-bottom pistachio bars—need we say more?)

SAVE A BUCK (OR TWO, OR THREE!)

Instead of digging through the Sunday paper for a deal, log on to our coupon hub at **redbookmag.com/coupons** to search, save, and print free coupons with a quick click of the mouse. It's easy to use—plus, you can keep track of exactly how much money you're saving. Best of all: No more clipping!

FROM LEFT: SCOTT AND ZOE, JIM FRANCO; MONICA BUCK; JAMES BAIGRIE.

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JILLIAN FAST FACTS

- Jillian was a bartender and a movie agent before becoming a personal trainer/life coach.
- Her guilty pleasure? "The occasional glass of tequila or red wine. And I'm addicted to caffeine."
- Jillian's schedule doesn't give her much time to unwind, but when she can take a break, you're most likely to find her out riding on her horse or motorcycle.

Jillian Michaels shares what drives her:

"I love my busy life"

"I love my work," says REDBOOK's July cover star, whose new show, *Losing It With Jillian*, has her moving in with families all over the country. "My work brings meaning to my life. I think that's ultimately what life is all about: finding your meaning and purpose."

JACK GUY.

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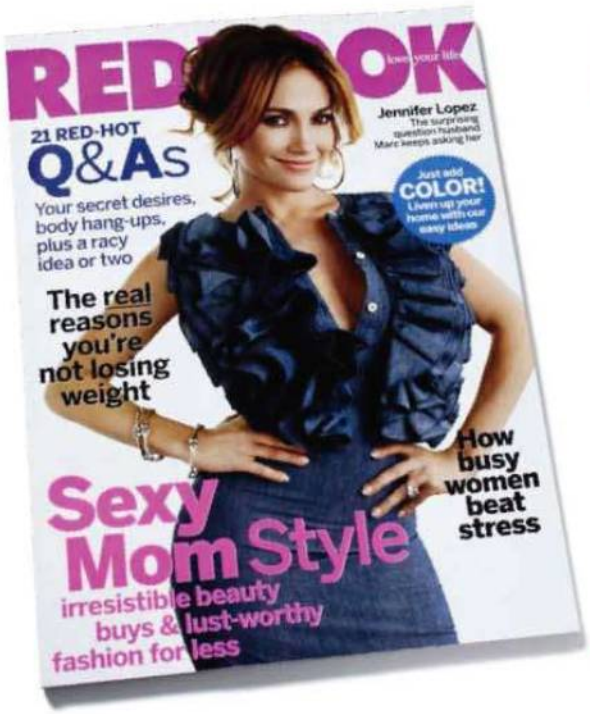

Mom on a mission

■ I saw the article about the diaper drive hosted by Amanda Payne in Columbia, SC [Mom Life, May]. She has inspired my neighborhood moms' group to start a diaper drive for the Second Harvest Food Bank of Northeast Florida. Our goal is to collect 20,000 diapers. I just wanted to let Amanda know the impact she's had out there. It's amazing what one mom can do! Thank you for sharing her idea, and I will share our success with Amanda and REDBOOK!

—Natalie Agliata, Jacksonville, FL

Standing up for family leave

■ I was delighted to read "Is There a War on American Moms?" [May]. Sharon Lerner included the important point that the United States is one of few nations that doesn't offer government-supported maternity leave, something I was unaware of until I was eight months pregnant. I was granted a 12-week leave without pay and nothing more. It's time that the United States, the greatest country in the world, gets on the bandwagon with the rest of this planet!

—K.B., Scranton, PA

Inside the male mind

■ When I read the article "Confessions From an Oversexed Husband" [The Whys Guy, April] to my husband, we were both rolling with laughter. Every time my husband looks at me, I swear he is going to pounce. According to him, every nap time should be spent doing what he calls "lunchtime love." Unfortunately, since the birth of our second child, I can't seem to get my groove back. Aaron's article gave my husband and me the opportunity to connect again and talk about an issue that had been hard to discuss. Thank you, Aaron, for confessing your oversexed needs to the world. My husband and I really appreciate it.

—L.G., Fresno, CA

■ I loved the article "Confessions From an Oversexed Husband." It fits my husband perfectly! He drives me crazy with wanting sex all the time. Between kids, dinner, housework, and sometimes just feeling crappy, there are some days I don't feel like "giving it up," so to speak. It would be nice if all the men out there would cut us some slack without getting pouty! It's nice to know that guys do actually realize that sometimes it's not the right time to ask for sex. Keep the great articles coming!

—Rose Johnson, Homer, LA

We love you, too!

■ I have been a fan of REDBOOK since college. It wasn't until I had my son, however, that I truly appreciated spending a quick 10 minutes to dive into the latest issue. Being a full-time professional (I work 12-hour shifts as a pharmacist), a wife, and a mom, I cannot wait to receive your magazine each month. I look forward to the articles about fashion, romance, career, money, and now motherhood. Keep up the good work, REDBOOK!

—Angela Bolesta, Plymouth, PA

What you're saying at redbookmag.com

Alice Bradley's column "Letting Go of Henry, Little by Little" had moms commenting up a storm about the bittersweet nostalgia they feel as their babies grow up.

Sigh. You made me cry again. My two boys, 7 and 9, are growing up too quickly. I can't look at baby pictures without a lump in my throat. Your words framed it perfectly.
—Losibali, a.k.a. Erica Rosebery, Highland Village, TX

I don't want to hear this! We're still in the newborn phase (8 months), and I'm already dreading the age when he no longer wants to nuzzle me.
—dimplescfw, a.k.a. Courtney Groeneveld, Takoma Park, MD

Oh, Alice, this is just such a beautifully written story about our love affair with our children. I too have a son who is 8, and you're right, the 3-year-old pictures break my heart the most.
—hamiltonmka, a.k.a. Kelly Hamilton, Santa Rosa, CA

This made me laugh—because my children are now 24 and 21, and they still get better and better! —yoki1, a.k.a. Patricia McIlveen, Alberta, Canada

Tell us what you're thinking!

Email redbook@hearst.com, or write to us at: REDBOOK Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.

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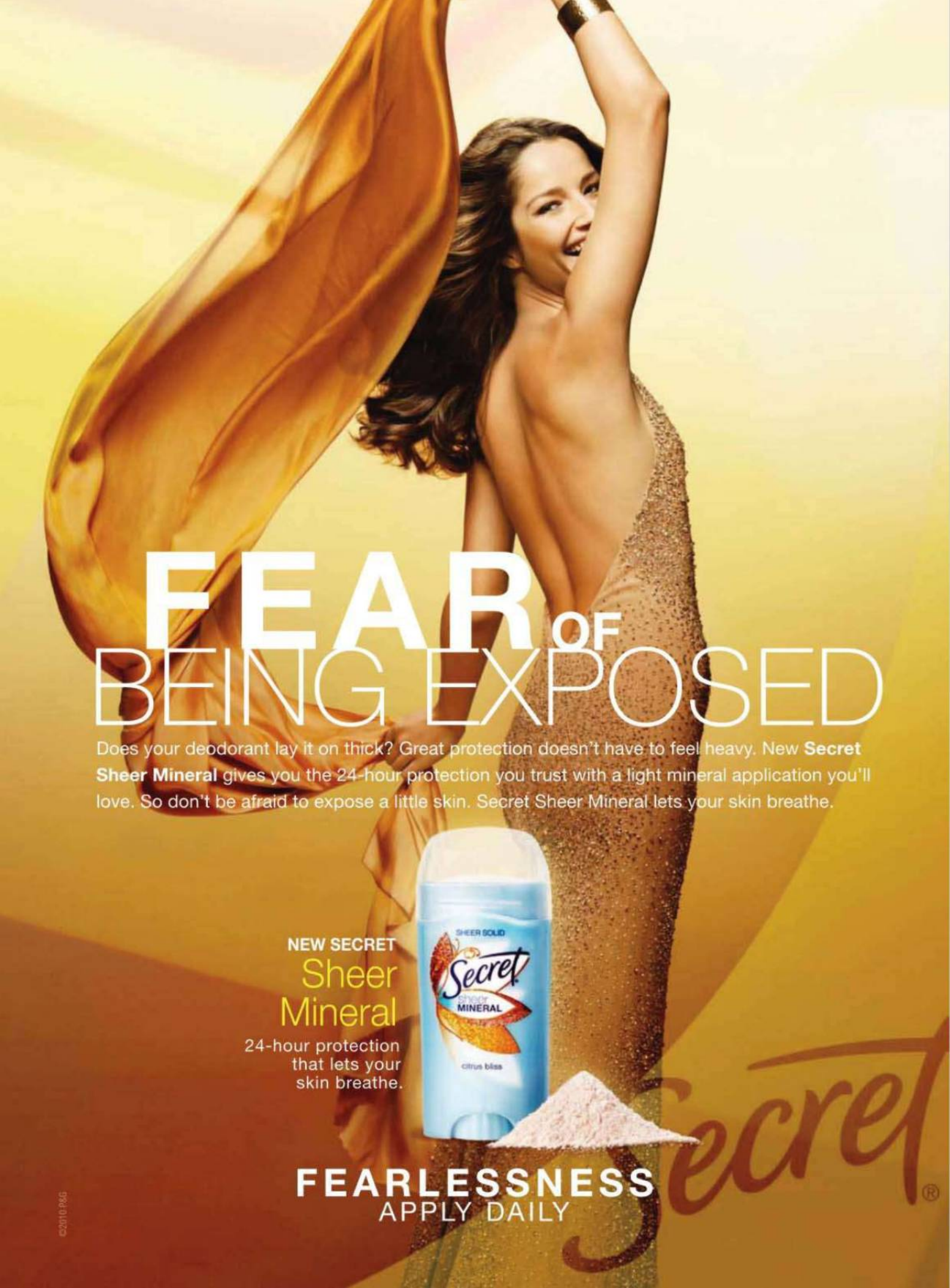
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Collect something other than baggage fees and hotel bills.

MEMORIES, PERHAPS.

Fig. 1 Bullfrog

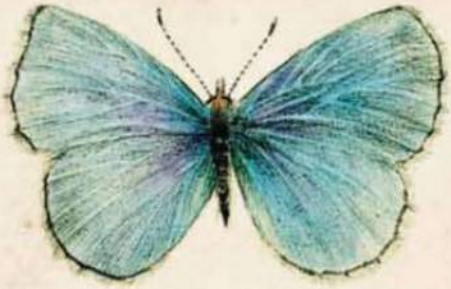

Fig. 3 Spring Azure Butterfly

Fig. 5 Queen Caterpillar

Fig. 7 Pollywogs

Fig. 2 Banded Gecko

Fig. 4 Ladybug

Fig. 6 American Toad

Fig. 8 Dragonfly

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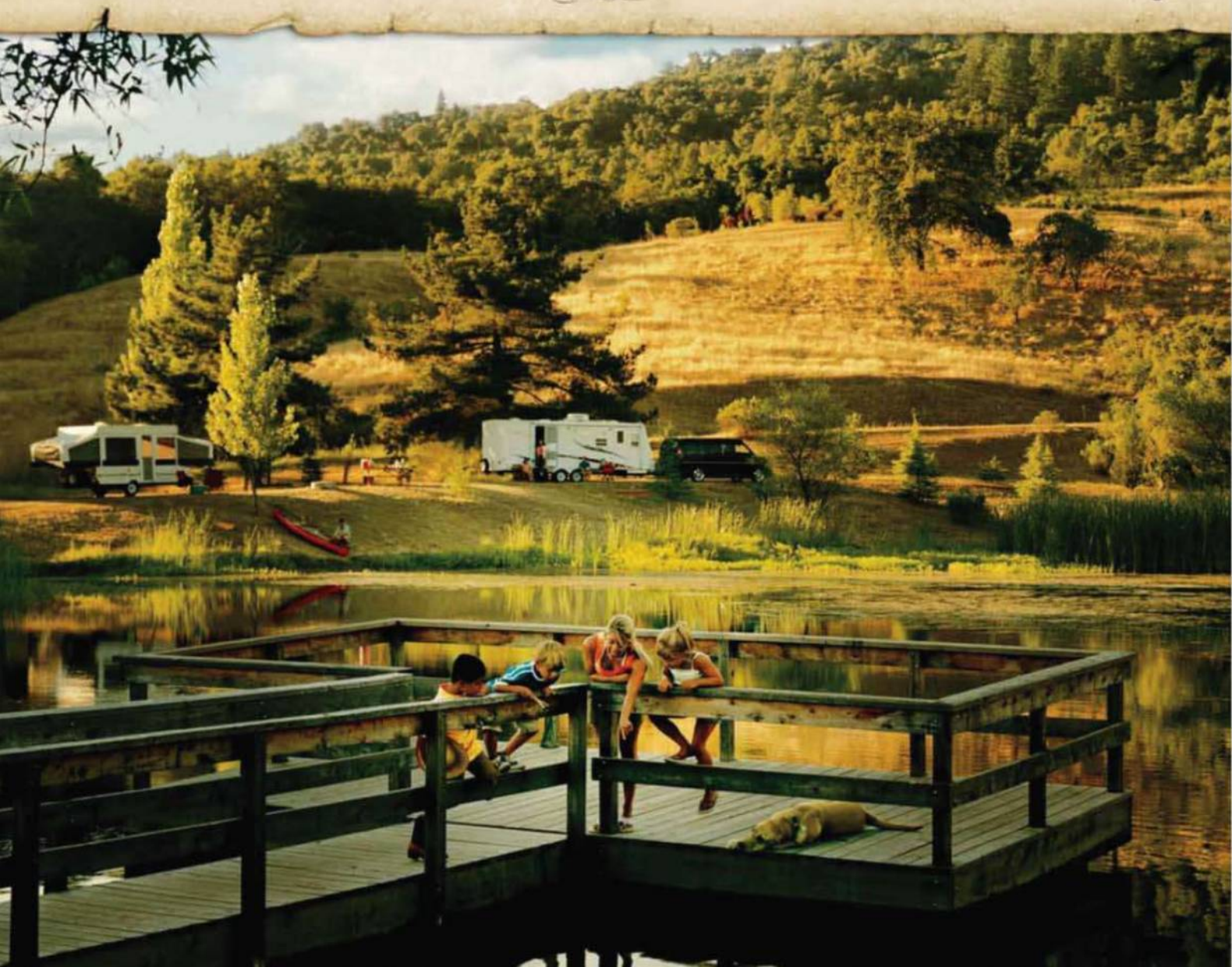

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Just In Time

How to make the most of every moment

SPEED DIAL

ESPN sideline reporter Erin Andrews is good at getting the scoop on the spot, but recently the *Dancing With the Stars* alum has been making headlines of her own. We asked Andrews for her best tips for getting *anyone* to give you the info you want.

REDBOOK Those postgame interviews are really short. How do you get the answers you need quickly?

ERIN ANDREWS You've got to get right to the point. There's no need to skirt around the topic. Just ask brief, direct questions.

RB How do you change the subject quickly—but tactfully—when the person you're interviewing is veering off topic?

EA If I need an answer, I try to find a different way to ask the question.

RB When the shoe's on the other foot, how do you gracefully change the subject when someone's asking you something you'd rather not discuss?

EA I usually don't change the subject. I'll just say, "I'd prefer not to answer that."

RB Well, then, thank you for answering our questions.

EA Anytime.

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IT'S 8 A.M.: TIME TO EAT (GUILT-FREE!) BACON AND FRIED EGGS

Having some fat first thing in the morning may help you better metabolize fat and carbs through the rest of the day, according to a study conducted on mice at the University of Alabama at Birmingham. But don't go crazy—you should still avoid trans fats and get less than 30 percent of your calories from fat throughout the day.

WHILE YOU WERE SLEEPING

GET THINGS DONE WHILE YOU DOZE

Alterna Caviar Anti-Aging Overnight Hair Rescue, $35 (alternahaircare.com), is a deep conditioner claiming to revitalize damaged hair and prevent breakage with the help of proteins, lipids, vitamins, moisturizers, and the brand's star ingredient: caviar.

OVERNIGHT SUCCESS? Yes! Our tester slathered it on her dry hair expecting to go to bed feeling greasy, but it was as if the conditioner got absorbed on the spot—no residue on her hands or pillow. After an all-night conditioning session, she thought her hair might be limp and lifeless the next day but was pleasantly surprised that post-shampoo, her hair felt silky-smooth *and* full of body. Was it the caviar? Who knows, but who really cares?

CLOCKWISE FROM TOP LEFT: ABC VIA GETTY IMAGES; VEER MARKETPLACE; ISTOCKPHOTO.COM; COURTESY OF MANUFACTURER.

TIME SHAVERS

AT THE GYM

■ **Avoid peak hours:** Ask the receptionist when your gym is busiest (usually early morning, the lunch hour, and right after work) and avoid those times. You can waste precious minutes waiting for your favorite piece of equipment to become available, says Geralyn Coopersmith, director of the Equinox Fitness Training Institute.

TIME SHAVED 00:15

■ **Combine forces:** Get in and get out quickly by doing a shorter workout at a higher intensity, such as 30 minutes of circuit training: Alternate strength-training moves that utilize large muscle groups (like squats, lunges, or push-ups) with a minute or two of cardio (try jumping rope or running in place).

TIME SHAVED 00:30

■ **Cut down on chitchat:** A gym buddy can be motivating but also a distraction. "If your workout time is becoming a social experience, consider scheduling a date with your buddy outside the gym," Coopersmith says.

TIME SHAVED 00:10

■ **Limit locker room time:** Skip the postworkout shampoo and just blow-dry the sweat out instead. Or put hair in ponytail: "A well-groomed ponytail always looks fresh," says celebrity stylist David Evangelista.

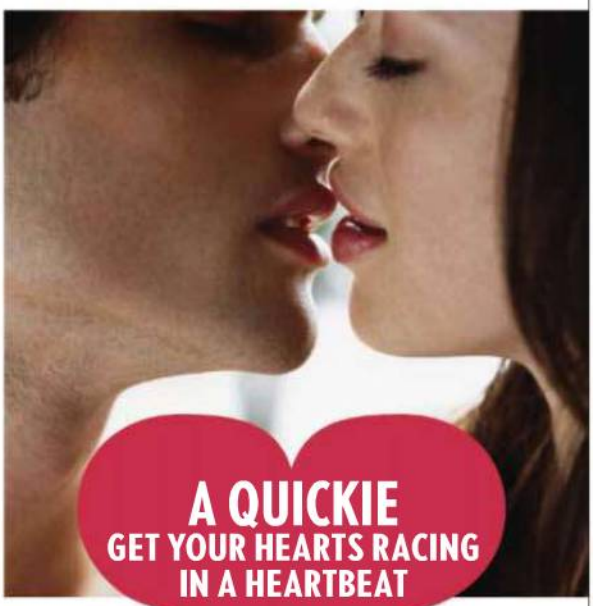
TIME SHAVED 00:20

TOTAL TIME SHAVED 1:15

READER'S TIME-SAVING TIP

"Fresh food from the meat market and farm stand = hubby cooking on grill = more time to get my stuff done."

EMILY SILLS PUCCIO, AQUEBOGUE, NY



A QUICKIE
GET YOUR HEARTS RACING IN A HEARTBEAT

Give your guy a knock-his-socks-off kiss using these sexy smooching secrets from William Cane, author of *The Art of Kissing*. Put your arms around his neck, press your body close to his, and begin with a sweet kiss on the lips. Lean back, give him a teasing smile, then move in again, adding a little tongue, nibbling on his lower lip (guys love this!), and running your hands through his hair. Wait for him to beg for more. Repeat.

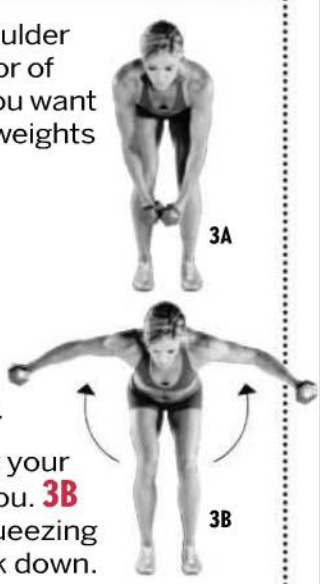
SHAPE-UP SHORTCUT SEXY SHOULDERS

Slip into a strapless shirt: This three-minute shoulder routine from fitness expert Jackie Warner, author of the new book *This Is Why You're Fat*, will make you want to show off your toned top half. Use five-pound weights for each exercise, and do 15 reps of each.

1 With both hands at your sides, lift your arms straight out in front of you to shoulder height, then lower back down.

2 With both hands at your sides, lift your arms out to your sides up to shoulder height so they are parallel with the floor, then lower back down.

3A Bend your knees and lean forward, keeping your back straight, arms hanging down in front of you. **3B** Lift your arms out and up to shoulder level, squeezing your shoulder blades together, then lower back down.



FROM TOP: JOHN-FRANCIS BOURKE/CORBIS, ISTOCKPHOTO.COM, CHRIS AMEROSO (2).

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THINK FAST: FASHION

THE MODERN JUMPSUIT

Date-ready and as easy as a maxi dress, these one-piece wonders are perfect for summer nights.

January Jones and Tyra Banks

STEP 1

Think of the style of top you wear most often: Do you stick with spaghetti straps to flatter your shoulders, like January Jones (above left)? Wear button-downs to show off great cleavage? Or accentuate your curves in a wrap top? Choose a jumpsuit with a top half that reflects that style.

STEP 2

Define your waistline. That's the secret to not looking like a character from *Star Trek*. Tie the drawstring or sash at your natural waist, or cover the elastic waistband with a wide belt like Tyra Banks (above right).

STEP 3

Add some heels. A strappy sandal with a substantial heel is ideal—it shows some skin and keeps legs looking long.

STEP 4

Accessorize with care. With a solid jumpsuit as your canvas, you can pile on the extras. Just be sure to keep it all coordinated—think studs, skins, *or* sparkle, not all three at once.

From left: Silk jumpsuit, Collective Concepts, $68; lulus.com. Hollywood heels, XOXO, $80; xoxofootwear.net. Ice stretch bracelet, $28, and woven metallic clutch, $42, both Rimistyle; rimistyle.com. Black mirrored bangle and silver cuff, $13 each, both BombayFashions.com; bombayfashions.com. Cargo jumpsuit, Victoria's Secret Catalogue, $108; victoriassecret.com. Zip-front cage heels, Nicole by Nicole Miller for JCPenney, $40; JCPenney stores, jcp.com. Drop earrings, Sweetie Pie Jewelry, $32; sweetiepiejewelry.com. Studded Bay bag, Bryna Nicole, $90; brynanicole.com. Surplice bodice knit jumpsuit, Metrostyle, $50; 800-288-4000, metrostyle.com. Tuesday heels, Nina, $100; ninashoes.com. Gold ball necklace, Sweetie Pie Jewelry, $58; sweetiepiejewelry.com. Tassel handbag, Bisou Bisou, $50; JCPenney stores, jcp.com. Wide belt, Lulu's, $15; lulus.com.

PHOTOGRAPHED BY RICHARD MAJCHRZAK/STUDIO D. STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES. JONES: FRANK MICELOTTA/GETTY IMAGES. BANKS: DIMITRIOS KAMBOURIS/GETTY IMAGES.

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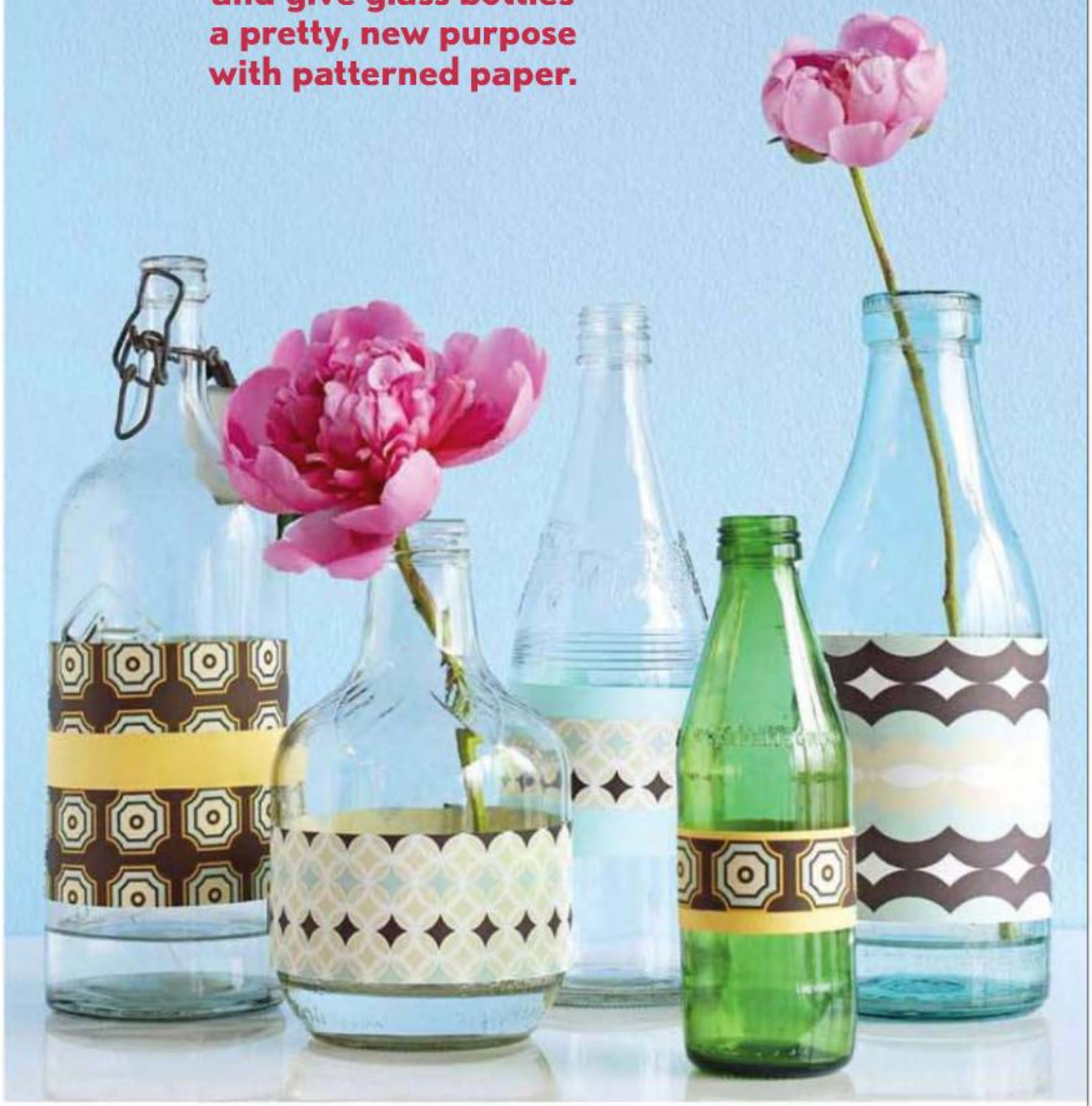
OREO

Milk's Favorite Summer Dip.

THINK FAST: HOME

D.I.Y. BOTTLE VASES

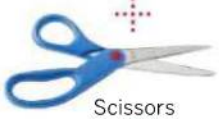
Raid your recycling bin and give glass bottles a pretty, new purpose with patterned paper.



TOOLS YOU'LL NEED

5 to 7 glass bottles (mix it up with apple juice, milk, soda, sparkling water, and wine bottles)

Glue dots (available at michaels.com)



Scissors

Heavy-stock wrapping paper (we used reversible wrap from smockpaper.com, so coordinating the patterns was a cinch)

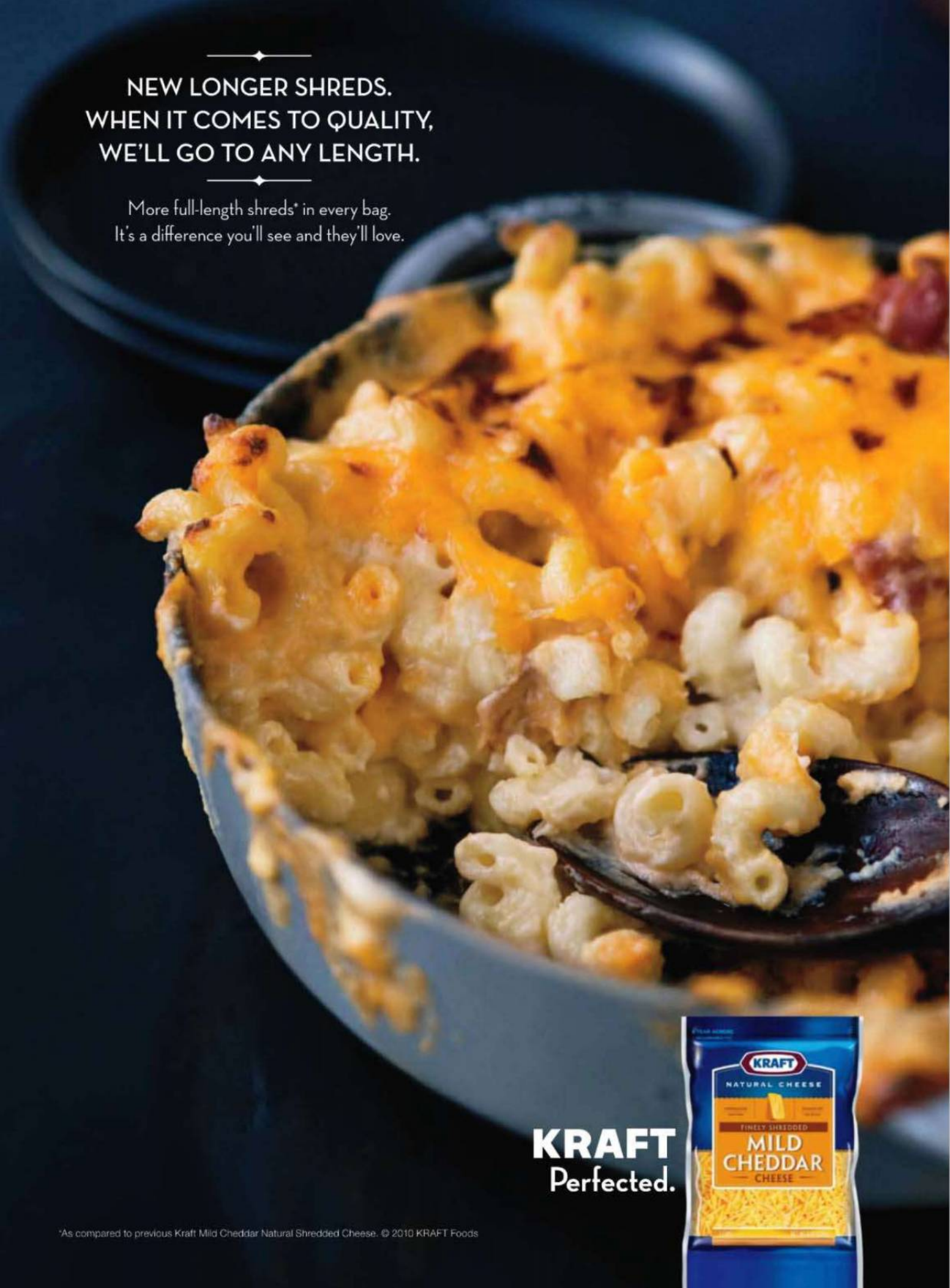
HOW-TO'S

STEP 1 Select five bottles in different heights and hues. Remove labels with hot water. (Use Goo Gone for sticky leftovers.) Lay wrapping paper flat. Wrap a piece of paper around each bottle, adding a ½-inch overlap.

STEP 2 Now that you know how much paper you'll need, cut pieces to desired widths. Taller bottles should get a band that measures about 4 inches wide, and smaller bottles look best with 2-inch bands.

STEP 3 Use one glue dot to adhere the paper to the glass and a second glue dot to stick down the overlap. For extra flair, add a narrower band of contrasting paper on top of a wide band. Fill bottles with flowers or leave them empty.

PHOTOGRAPHED BY LARA ROBBY/STUDIO D.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THINK FAST: FOOD

COOK WITH CORN

Corn adds sweet, fresh flavor to these quick and easy recipes.

4 slices bacon

1 cup chopped sweet onion and 2 tsp minced garlic

1 lb Yukon Gold potatoes, peeled, diced (about 3 cups)

1 tsp *each* ground cumin, and chopped fresh thyme

3 cups low-sodium chicken broth

and 1 cup heavy cream

1 lb bay scallops

½ tsp cayenne pepper and 1 tsp kosher salt

1 (14.5-oz) can fire-roasted diced tomatoes

RECIPES

SCALLOP CORN CHOWDER

Start with 3 ears of corn.
◀ See other ingredients at left.

1. In a large saucepan, cook bacon until crisp. Remove with a slotted spoon to drain on paper towels; crumble.

2. With a sharp knife, remove kernels from corn; reserve cobs.

3. Add corn kernels, onion, and garlic to bacon drippings and cook until softened, 5 minutes. Stir in potatoes, cumin, and thyme. Add broth and corn cobs; bring to a boil, reduce heat to low, cover, and simmer 10 to 12 minutes or until potatoes are tender; discard corn cobs.

4. Purée 2 cups of the soup in a blender, then pour back into saucepan. Stir in cream; add scallops, cayenne pepper, and salt; cook over low heat 3 minutes or until scallops are cooked through.

5. In a bowl, toss tomatoes and bacon together. Spoon soup into bowls. Top each with tomato-bacon mixture.

Makes 6 servings.

BBQ BEEF KEBABS OVER GRILLED-CORN SALSA

Start with 4 ears of corn.
See other ingredients at right. ▶

1. In a shallow bowl, toss beef with barbecue sauce and salt to thoroughly coat. Cover with plastic wrap; let stand at room temperature.

2. Brush corn with canola oil and grill over medium heat, turning frequently until corn is lightly browned on all sides, about 10 minutes. Remove corn kernels from cobs with a sharp knife.

3. In a large bowl, combine corn kernels, red and orange bell pepper, jalapeño, chopped onion, cilantro, lime juice, 1 Tbsp canola oil, and salt to taste.

4. Thread yellow bell pepper, beef, and onion pieces alternately on skewers. Grill over medium-high heat, turning frequently, brushing with oil, 8 to 10 minutes for medium-rare.

5. Serve kebabs over salsa.

Makes 6 servings.

1½ lb beef tenderloin, cut into 18 (1½-inch) chunks

⅓ cup chipotle barbecue sauce

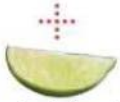
kosher salt, to taste

canola oil

1 large red and 1 large orange bell pepper, seeded, diced

1 jalapeño pepper, seeded, finely diced

¼ cup *each* chopped red onion and fresh cilantro



⅓ cup fresh lime juice

2 large yellow bell peppers, seeded, cut into 24 (1½-inch) pieces

1 red onion, cut into 18 (1½-inch) pieces

CHOWDER: KEBAB: PHOTOGRAPHED BY JONNY VALIANT. FOOD STYLIST: FRANK P. MELODIA. PROP STYLIST: PAM MORRIS. POTATOES, CAYENNE, TOMATOES, OIL, BBQ SAUCE: PHILIP FRIEDMAN/STUDIO D. CREAM: MARKO METZINGER/STUDIO D. SWEET ONION: ISTOCKPHOTO. SCALLOPS: BRIGITTE KRAUT/STOCKFOOD. OTHER INGREDIENTS: GETTY IMAGES (16).

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EASIER, BETTER, FASTER

This month's good-to-know news for your home, your wallet, and your sanity.

You can bring out your child's inner bookworm

Here's a way to get your children excited about their summer reading list: Sign them up for the Scholastic Summer Challenge at scholastic.com/summer, where they can log their minutes spent reading and try to break the world record. Children receive virtual rewards when they reach minutes-read milestones, including messages from a celebrity or author, and they can chat with kids from around the world to see what they thought about a book.

Old gadgets may be worth a pretty penny

If you added up the price of the unused cell phones, computers, and other items collecting dust in your home, chances are you'd have about $3,100 worth of products, according to a Nielsen survey. Nextworth.com lets you turn in unused electronics in exchange for a Target gift card, a PayPal credit, a check, or a charitable contribution in the amount of the trade-in value. And it's a no-risk transaction: Even if it turns out that your old cell phone holds no value, Nextworth will provide free shipping and they'll recycle the item for you.

Ironing—you can actually enjoy it!

The new Chi Home ceramic clothing iron does for your clothing exactly what the Chi ceramic flat iron does for your hair: smooths things out without doing any damage. Unlike traditional metal irons, this one has a ceramic sole plate that won't leave heat marks on your garments. And because it's not as harsh as metal, it won't shorten the lifespan of your clothes. ($90, chihome.com for stores)

YOUR 4 O'CLOCK SNACK FIX JUST GOT MORE INTERESTING

What do you get when you cross a pretzel with an M&M? The most delicious M&M out there! (At least we think so.) They're salty-sweet and crunchy—put simply, bite-size bliss!

Grandma can become a computer whiz

We all know someone who wants to connect on "the email" but just doesn't know the finer points of surfing the Web. (Yes, that means you, Great Aunt Sandy!) Now you can tell the technophobe in your life about the Floh Club. Created by Florence Henderson—a.k.a. Mrs. Brady—the Floh Club is a membership-based service that provides on-call support and remote assistance (from incredibly patient support operators) for any and all tech problems, from installing software to learning how to open attachments. (Monthly membership $25, flohclub.com)

MAKING NEW FRIENDS JUST GOT EASIER

Whether you just moved to a new city or want to expand your social circle, check out girlfriendcircles.com. It's similar to Match.com, but instead of setting you up with a man, the site matches you with gal pals based on shared interests and values—and if you don't find friends, you'll get your money back. ($30 for a six-month membership)

Odds are good you'll get a kick out of this site

Bookofodds.com calculates the odds for all kinds of events—from your chances of dying from a shark attack to the likelihood that you'll hit the Powerball jackpot. Hint: Better keep your day job.

Unused gift cards count as a charitable donation

Wondering what to do with the iTunes gift card you received, since you don't actually own an iPod? At plasticjungle.com, you can donate gift cards you're not going to use and put that money toward your choice of charities.

GABRIELLE REVERE/GETTY IMAGES.

My asthma... under control with the help of SYMBICORT.

When my symptoms came back, my doctor and I chose SYMBICORT to help improve my lung function.

SYMBICORT helps me breathe better all day, starting within 15 minutes.* It won't replace a rescue inhaler for sudden symptoms. Unlike most controller medicines, SYMBICORT combines two medicines to help control inflammation and constriction.

* Your results may vary.

Ask your doctor if SYMBICORT is a good choice for you.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta$_2$-agonist (LABA). Medicines containing LABAs may increase the chance of asthma-related death. So, SYMBICORT should be used only if your health care professional decides another asthma-controller medicine alone does not control your asthma or you need two controller medicines.

While taking SYMBICORT, never use another medicine containing a LABA.

SYMBICORT won't replace rescue inhalers for sudden asthma symptoms. Do not use SYMBICORT more than twice a day. If you are taking SYMBICORT, see your health care professional if your asthma does not improve or gets worse.

Some people may experience increased blood pressure, heart rate, or change in heart rhythm. Tell your doctor if you have a heart condition or high blood pressure. If you are switching to SYMBICORT from an oral corticosteroid, follow your doctor's instructions to avoid health risks when you stop using oral corticosteroids.

Avoid exposure to infections such as chicken pox or measles. Tell your health care professional immediately if you are exposed.

In clinical studies, common side effects included nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, and stomach discomfort.

Approved Uses for SYMBICORT for Asthma

Prescription SYMBICORT is a controller medicine for the long-term maintenance treatment of asthma. SYMBICORT is for people 12 years and older whose doctor has decided are not well controlled on another asthma-controller medicine or who need two asthma-controller medicines. SYMBICORT is not for the treatment of sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Symbicort®
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

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IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.

SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you. If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.

Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.

Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine taken twice a day, every day, over long periods of time to control asthma and chronic obstructive pulmonary disease (COPD).

Asthma

SYMBICORT 80/4.5 mcg or 160/4.5 mcg is used long-term, two times each day, to control symptoms of asthma and prevent symptoms such as wheezing in patients age 12 years and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used every day, two times each day, to help improve lung function for better breathing in adults with COPD.

SYMBICORT contains two medicines:

- Budesonide (the same medicine found in PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®) is a long-acting beta$_2$-agonist medicine, or LABA. LABA medicines are used in patients with COPD and asthma. LABA medicines help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

WHO SHOULD NOT TAKE SYMBICORT?

You should not take SYMBICORT if your health care professional decides that your asthma or COPD is well controlled using another medicine, or you only use a fast-acting inhaler once in a while.

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are allergic to any medications**
- **are exposed to chicken pox or measles**
- **are pregnant or planning to become pregnant** because it is not known if SYMBICORT may harm your unborn baby
- **are breast-feeding** because it is not known if SYMBICORT passes into your milk and if it can harm your baby. You and your health care professional should decide if you will be taking SYMBICORT while breast-feeding

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get any new medicine, just to be sure there are no potential drug interactions.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional.

SYMBICORT should be taken twice (2 puffs each time) every day as prescribed by your health care professional.

SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care professional will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- Make sure that you rinse your mouth with water after each dose (two puffs) of SYMBICORT without swallowing and spit the water out
- Do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care professional
- Always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT

Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, or tongue; or breathing problems

Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use four or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week
- you have COPD and notice any symptoms such as increase in mucus or change in mucus color, fever, chills, increased cough, or increased breathing problems because these symptoms may mean you have pneumonia or another lung infection

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil® Aerolizer®, Brovana®, or Perforomist®

WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Increased risk of pneumonia if you have COPD
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Immune system effects and a higher chance for infections
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness

WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

Adults and children age 12 years and older with asthma

- Headache
- Sore throat
- Oral thrush
- Upper respiratory tract infection

Patients with COPD

- Oral thrush

Long-acting beta$_2$-agonists may increase the risk of asthma-related death. Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her.

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HOTTEST HANDIEST HUSBAND

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TAKE A MINUTE
ERASE THE YEARS

clarisonic

Introducing Opal™
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Wrinkles are inevitable. Revealing your true age isn't. You've experienced our sonic cleansing, now get younger-looking skin with our new Opal Sonic Infusion System. Opal starts to work immediately on your fine lines and wrinkles, and, like you, just keeps getting better over time.

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Style Scoop

Irresistible ideas for looking your best

Trend Flash

Super-brights

All signs point to a neon-filled summer.

1. Flirty florals Enamel necklace, Fantasy Jewelry Box, $59. **2. Glowing gloss** Chanel Gloss Fluo de Chanel Brilliant Lip Shine in Laser, $27. **3. Think pink** Electric tote bag, Tous, $179. **4. Very cheeky** Nars Turks & Caicos Multiple Tint, $38. **5. Bright on time** From top: Color Codes watch, Swatch, $50. Rhinestone watch, Laila Rowe, $38. Hot pink watch, Time Will Tell Watches, $65. **6. Polish ka-pow!** M2M Damorejon nail polish in, from top: Sugar Berry, Sour Puss, Sun Kiss, Lemon Drop, and Myr-Mint, $11 each.

PHOTOGRAPHED BY PETER ROSA/STUDIO D. STYLIST: CLAIRE TEDALDI FOR HALLEY RESOURCES.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

Unguilty pleasures

Satisfy that I-want-a-new-dress craving with cash to spare: These are all under $15!

Partner one of these easy, breezy dresses with a pair of dazzling flip-flops for a signature summer look. **Print dresses, OP, $10 to $14 each; Walmart stores, walmart.com. Braids of Paradise thong sandals (top), $20, Illusion thong sandals (left), $15, both Avon; avon.com.**

PHOTOGRAPHED BY MARKO METZINGER/STUDIO D. STYLIST: NORINE SMITH FOR HALLEY RESOURCES.

Wrap yourself in the new Mango Mandarin body wash that makes Bath & Body Works* smell way overpriced.

New Suave Naturals Mango Mandarin body wash is infused with natural extracts for a fun fresh fragrance that women prefer*. Discover all our great scents at suave.com.

Rethink specialty store fragrances

Suave

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7

Belt it over a pretty dress for a romantic dinner out.

Charmeuse dress, Roulette, $89; Macy's. Zip Into Sexy heels, Boston Proper, $139; bostonproper.com. Braided belt, American Eagle Outfitters, $30; ae.com.

1

7 ways to wear... a sleeveless cardigan

Fashion director Audrey Slater is on a mission to help you get the most out of your wardrobe. Here she shows how versatile this open-front topper can be.

6

Wear it open over a maxi dress for family night at the carnival.

Floral maxi dress, I Heart Ronson for JCPenney, $35; 877-FIND-JCP for store info, jcp.com. Patent thong sandals, Old Navy, $10; 800-OLD-NAVY for store info. Sequined scarf, Cost Plus World Market, $17; worldmarket.com for store info. Starburst Rhinestone necklace, Boston Proper, $149; bostonproper.com.

5

Pair it with a sequined tank to go dancing with the girls.

Embellished tank, Spiegel, $38; spiegel.com. Cotton leggings, Hue, $25; hue.com. Sonia wedges, Yellow Box Footwear, $61; endless.com. Pyramid stud cuff, Boston Proper, $99; bostonproper.com. Empire State of Mind purse, LuLu's, $40, lulus.com.

STILLS: PHOTOGRAPHED BY MARKO METZINGER/STUDIO D.
STYLIST: NORINE SMITH FOR HALLEY RESOURCES.

Sleeveless drapey cardigan, Apostrophe, $30; sears.com.

1

Layer it over a vintage-inspired blouse for running around at the weekly flea market.

Ruffle blouse, DKNY Jeans, $69; Macy's, dknyjeans.com. Blanc Slash Pocket denim shorts, White House Black Market, $58; 877-948-2525 for store info, whitehouseblackmarket.com. Mod patent sandals, $25, and Half Moon Dangle earrings, $20, both Avon; avon.com. Skinny braided leather belt, Eddie Bauer, $35; eddiebauer.com. Messenger bag, Newport News, $39; newport-news.com.

2

Cross the front and tuck into a pencil skirt for a polished office look.

No Iron shirt, Coldwater Creek, $70; coldwatercreek.com. Colorblock skirt, Worthington by JCPenney, $18; 877-FIND-JCP for store info, jcp.com. Deception sandals, Fergie, $100; endless.com. Laurel necklace, $28; shopsueyboutique.com. Quilted bag, Urban Expressions, $58; shockboutique.com.

4

Throw it on top of laid-back knits to chauffeur the kids.

Open Front Knit cardigan, Coldwater Creek, $40; coldwatercreek.com. Rose rhinestone tank, Wessex, $102; shopbop.com. Ribbed tank, Express, $17; select Express stores, express.com. Sunwashed Girly cropped pants, Aerie, $30; ae.com. Fit sandals, Havaianas, $28; us.havaianas.com. Striped tote bag, Newport News, $34; newport-news.com.

3

Wrap it around a ruffled blouse and tie the back for the town-hall meeting.

Signature Ponte Knit Collection blazer, Spiegel, $59; spiegel.com. Hammered silk blouse, Attention by Kmart, $20; Kmart stores, kmart.com. High-waist cropped pants, Gracia, $70; shopgracia.com. Alyna flats, Yellow Box Footwear, $60; yellowboxshoes.com. Karen necklace, $24; shopsueyboutique.com.

AUDREY: PHOTOGRAPHED BY SARRA FLEUR ABOU-EL-HAJ/STUDIO D.
HAIR AND MAKEUP: ALBERTO LUENGO AT BA-REPS.COM FOR MAC COSMETICS.

FASHION EDITOR: CRISTINA DESPOSITO

From left: Toni Collette, Diane Kruger, and Maggie Gyllenhaal get glitzed.

RED CARPET to REDBOOK!

The golden eye

How to make this Hollywood look work in the real world.

By Krista Bennett DeMaio

"Gold eyeshadow adds a touch of glamour to any look," says New York City–based makeup artist Kimara Ahnert, which is why it's, well, the gold standard on the red carpet. The metallic shade is also perfect for summer because it adds an instant, natural-looking glow.

Try it for: "Day or night," promises Ahnert.

Make it real: Don't go to extremes. If you wear a gold eyeshadow that's too pale, you'll look washed out; go too intense and it can look muddy, Ahnert explains.

How to do it: Use your hair color as your guide. If you have dark hair, you can wear a densely pigmented gold. Find it in a cream shadow such as (1) **Bobbi Brown Metallic Long-Wear Cream Shadow in Goldstone, $22.** Apply the cream up to the crease—any higher and it'll look too heavy, and you don't want to gild the lily. Blondes and redheads look best in soft, buttery shades of gold like (2) Ahnert's own **Yellow Diamond, $23.** Dust it from lash line to brow bone, then add a bronze-y gold or a medium brown in your crease. Try (3) **Rimmel London Glam'Eyes Mono Eye Shadow in Spicy Bronze, $3.50.** "It'll add definition and make the lighter gold really pop," Ahnert says.

After: Lucy goes for the gold.

Before

CELEBS: GETTY IMAGES (3). LUCY: PHOTOGRAPHED BY SARRA FLEUR ABOU-EL-HAJ/STUDIO D. HAIR AND MAKEUP: ALBERTO LUENGO AT BA-REPS.COM FOR MAC COSMETICS. STILLS: PHOTOGRAPHED BY DEVON JARVIS/STUDIO D.

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TAKE 5

New ways to stop stubble!

1. WAX ON, WAX OFF The Bliss Poetic Waxing Kit, $45, a fuzz-removing favorite, is now microwave-able, so bare-able legs are just a few beeps away. **2. TINTED TANNER** Self-tanner DuWop Clear Revolotion, $28, has a bright blue hue to tone down any potential pumpkin-like pigmentation. **3. THE FIRM** Give the skin on your legs instant shimmer—plus long-term toning—with Borba Spandex Fiber Diamond Shimmer Contour, $32. **4. CHILL OUT** Cooling menthol and soothing eucalyptus in Gillette Satin Care Cooling Sensation shave gel, $3.50, take the bite out of razor burn. **5. BLADES + BUBBLES** The Schick Intuition Plus razor, $9.50, has always had four blades plus built-in lather for a close and convenient shave, but now it also has a great-looking limited-edition handle to brighten up your bathroom.

PHOTOGRAPHED BY PETER ROSA/STUDIO D. TOP LEFT: DYLAN DAWSON/GETTY IMAGES.

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New One A Day® Women's Menopause Formula helps you let go of some of the annoying symptoms menopause brings. It's the only† complete women's multivitamin with soy isoflavones to help address hot flashes and mild mood changes.*

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BAYER

PUT A RING ON IT

Whether you're a single lady or spoken for, you'll love this bauble. It's packing Heat, Beyoncé's debut fragrance, in solid form, $35.

GET IT ALL IN ONE

Spend the weekend with Benefit's party-girl palettes: Scene Queen has smoky eye shades with coral cheeks and lips for night-time glamour; Sunday Funday's flattering plum and champagne eye shades and rosy lips and cheeks make for a beautiful morning after. $38 each.

SAVE YOUR BLOW-OUT

When your bod needs a shower but your hair is still going strong, keep your style from getting soaked with the retro-chic Spa Sister Bouffant shower cap, $8.

SMELL DELISH

Three new cherry-infused formulas, just ripe for the picking: Dial Nutriskin With Fruit Oil body wash in Cherry Seed Oil & Mint (shown), $4; Suave 24-Hour Protection Invisible Solid in Wild Cherry Blossom, $2; Pure Silk shave cream in Cherry Blossom, $2.

Beauty √ List

It's the one to-do list you'll *want* to do.

GO BIG ON A BUDGET

Take lashes from stubby to chubby with Essence Multi Action mascara, just $3.50.

TREAT YOURSELF

Burt's Bees's yummalicious Cranberry & Pomegranate Sugar Scrub, $13, makes your skin feel incredible but, unfortunately, isn't edible.

ADD SCENT TO YOUR STYLE...

...with this month's MVP.

Coach's bold and playful Poppy line now has a fragrance to wear along with it. The scent, $60, is fruity, floral, and very flirtatious.

PHOTOGRAPHED BY DEVON JARVIS/STUDIO D. SHOWER CAP: PHOTOGRAPHED BY MARKO METZINGER/STUDIO D.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

TRY THE "NON-LOTION" LOTION

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THAT CHANGES THE WAY YOU MOISTURIZE

FEEL LIGHT
IT'S SKIN SEASON

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IMPORTANT SAFETY INFORMATION

BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems any time (hours to weeks) after injection of BOTOX® Cosmetic:

- **Problems swallowing, speaking, or breathing,** due to weakening of associated muscles, can be severe and result in loss of life. You are at the highest risk if these problems are pre-existing before injection. Swallowing problems may last for several months.
- **Spread of toxin effects.** The effect of botulinum toxin may affect areas away from the injection site and cause serious symptoms including: loss of strength and all-over muscle weakness, double vision, blurred vision and drooping eyelids, hoarseness or change or loss of voice (dysphonia), trouble saying words clearly (dysarthria), loss of bladder control, trouble breathing, trouble swallowing.

There has not been a confirmed serious case of spread of toxin effect when BOTOX® Cosmetic has been used at the recommended dose to treat frown lines.

The dose of BOTOX® Cosmetic is not the same as, or comparable to, another botulinum toxin product.

Serious and or immediate allergic reactions have been reported. These reactions include itchy rash, swelling, and shortness of breath. Tell your doctor or get medical help right away if you experience any such symptoms, further injection of BOTOX® Cosmetic should be discontinued.

Do not take BOTOX® Cosmetic if you: are allergic to any of the ingredients in BOTOX® Cosmetic (see Medication Guide for ingredients); had an allergic reaction to any other botulinum toxin product such as *Myobloc®* or *Dysport®*; have a skin infection at the planned injection site.

Tell your doctor about all your muscle or nerve conditions such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome as you may be at increased risk of serious side effects including severe dysphagia (difficulty swallowing) and respiratory compromise (difficulty breathing) from typical doses of BOTOX® Cosmetic.

Tell your doctor about all your medical conditions, including if you have: plans to have surgery; had surgery on your face; weakness of forehead muscles, such as trouble raising your eyebrows; drooping eyelids; any other abnormal facial change; are pregnant or plan to become pregnant (It is not known if BOTOX® Cosmetic can harm your unborn baby); are breast-feeding or plan to breast-feed (It is not known if BOTOX® Cosmetic passes into breast milk).

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products.

BOTOX® Cosmetic may cause loss of strength or general muscle weakness, or vision problems. **If this happens, do not drive a car, operate machinery, or do other dangerous activities.**

Other side effects of BOTOX® Cosmetic include: dry mouth, discomfort or pain at the injection site, tiredness, headache, neck pain, and eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes. For more information refer to the Medication Guide or talk with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please refer to full Medication Guide on the following page.

"Once You Get It, You Really Get It."

Why millions of women have experienced **BOTOX® Cosmetic**.

Proven year after year...with real, noticeable results. **BOTOX® Cosmetic** is a prescription medicine that is injected into muscles to temporarily treat moderate to severe frown lines between the brows of adults ages 18 to 65. Ask your doctor if **BOTOX® Cosmetic** is right for you. There's only one **BOTOX® Cosmetic.**

Results may vary. 8 out of 10 women achieved clinically significant results at day 30 in clinical trials.

BOTOX® Cosmetic
onabotulinumtoxinA

There's only one BOTOX® Cosmetic

By prescription only. 1-800-BOTOX-MD

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MEDICATION GUIDE BOTOX® and BOTOX® Cosmetic (Boe-tox) (onabotulinumtoxinA) for Injection

Read the Medication Guide that comes with **BOTOX®** or **BOTOX® Cosmetic** before you start using it and each time it is given to you. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. You should share this information with your family members and caregivers.

What is the most important information I should know about BOTOX® and BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic may cause serious side effects that can be life threatening. Call your doctor or get medical help right away if you have any of these problems after treatment with BOTOX® or BOTOX® Cosmetic:

• Problems swallowing, speaking, or breathing. These problems can happen hours to weeks after an injection of BOTOX® or BOTOX® Cosmetic usually because the muscles that you use to breathe and swallow can become weak after the injection. Death can happen as a complication if you have severe problems with swallowing or breathing after treatment with **BOTOX®** or **BOTOX® Cosmetic.**

• People with certain breathing problems may need to use muscles in their neck to help them breathe. These patients may be at greater risk for serious breathing problems with **BOTOX®** or **BOTOX® Cosmetic.**

• Swallowing problems may last for several months. People who cannot swallow well may need a feeding tube to receive food and water. If swallowing problems are severe, food or liquids may go into your lungs. People who already have swallowing or breathing problems before receiving **BOTOX®** or **BOTOX® Cosmetic** have the highest risk of getting these problems.

• Spread of toxin effects. In some cases, the effect of botulinum toxin may affect areas of the body away from the injection site and cause symptoms of a serious condition called botulism. The symptoms of botulism include:

- loss of strength and muscle weakness all over the body
- double vision
- blurred vision and drooping eyelids
- hoarseness or change or loss of voice (dysphonia)
- trouble saying words clearly (dysarthria)
- loss of bladder control
- trouble breathing
- trouble swallowing

These symptoms can happen hours to weeks after you receive an injection of **BOTOX®** or **BOTOX® Cosmetic.**

These problems could make it unsafe for you to drive a car or do other dangerous activities. See "What should I avoid while receiving **BOTOX®** or **BOTOX® Cosmetic?"**

There has not been a confirmed serious case of spread of toxin effect away from the injection site when **BOTOX®** has been used at the recommended dose to treat severe underarm sweating, blepharospasm, or strabismus, or when **BOTOX® Cosmetic** has been used at the recommended dose to treat frown lines.

What are BOTOX® and BOTOX® Cosmetic?

BOTOX® is a prescription medicine that is injected into muscles and used:

- to treat increased muscle stiffness in elbow, wrist, and finger muscles in adults with upper limb spasticity.
- to treat the abnormal head position and neck pain that happens with cervical dystonia (CD) in adults.
- to treat certain types of eye muscle problems (strabismus) or abnormal spasm of the eyelids (blepharospasm) in people 12 years and older.

BOTOX® is also injected into the skin to treat the symptoms of severe underarm sweating (severe primary axillary hyperhidrosis) when medicines used on the skin (topical) do not work well enough.

BOTOX® Cosmetic is a prescription medicine that is injected into muscles and used to improve the look of moderate to severe frown lines between the eyebrows (glabellar lines) in adults younger than 65 years of age for a short period of time (temporary).

It is not known whether **BOTOX®** is safe or effective in children younger than:

- 18 years of age for treatment of spasticity
- 16 years of age for treatment of cervical dystonia
- 18 years of age for treatment of hyperhidrosis
- 12 years of age for treatment of strabismus or blepharospasm

BOTOX® Cosmetic is not recommended for use in children younger than 18 years of age.

It is not known whether **BOTOX®** and **BOTOX® Cosmetic** are safe or effective for other types of muscle spasms or for severe sweating anywhere other than your armpits.

Who should not take BOTOX® or BOTOX® Cosmetic?

Do not take **BOTOX®** or **BOTOX® Cosmetic** if you:

- are allergic to any of the ingredients in **BOTOX®** or **BOTOX® Cosmetic.** See the end of this Medication Guide for a list of ingredients in **BOTOX® and BOTOX® Cosmetic.**
- had an allergic reaction to any other botulinum toxin product such as *Myobloc®* or *Dysport®*
- have a skin infection at the planned injection site

What should I tell my doctor before taking BOTOX® or BOTOX® Cosmetic?

Tell your doctor about all your medical conditions, including if you have:

- a disease that affects your muscles and nerves (such as amyotrophic lateral sclerosis [ALS or Lou Gehrig's disease], myasthenia gravis or Lambert-Eaton syndrome). See "What is the most important information I should know about **BOTOX®** and **BOTOX® Cosmetic?"**
- allergies to any botulinum toxin product
- had any side effect from any botulinum toxin product in the past
- a breathing problem, such as asthma or emphysema
- swallowing problems
- bleeding problems
- plans to have surgery
- had surgery on your face
- weakness of your forehead muscles, such as trouble raising your eyebrows
- drooping eyelids
- any other change in the way your face normally looks
- are pregnant or plan to become pregnant. It is not known if **BOTOX®** or **BOTOX® Cosmetic** can harm your unborn baby.
- are breast-feeding or plan to breast-feed. It is not known if **BOTOX®** or **BOTOX® Cosmetic** passes into breast milk.

Tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal products. Using **BOTOX®** or **BOTOX® Cosmetic** with certain other medicines may cause serious side effects. **Do not start any new medicines until you have told your doctor that you have received BOTOX® or BOTOX® Cosmetic in the past.**

Especially tell your doctor if you:

- have received any other botulinum toxin product in the last four months
- have received injections of botulinum toxin, such as *Myobloc®* (rimabotulinumtoxinB) or *Dysport®* (abobotulinumtoxinA) in the past. Be sure your doctor knows exactly which product you received.
- have recently received an antibiotic by injection
- take muscle relaxants
- take an allergy or cold medicine
- take a sleep medicine

Ask your doctor if you are not sure if your medicine is one that is listed above.

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take BOTOX® or BOTOX® Cosmetic?

- **BOTOX®** or **BOTOX® Cosmetic** is an injection that your doctor will give you.
- **BOTOX®** is injected into your affected muscles or skin.
- **BOTOX® Cosmetic** is injected into your affected muscles.
- Your doctor may change your dose of **BOTOX®** or **BOTOX® Cosmetic,** until you and your doctor find the best dose for you.

What should I avoid while taking BOTOX® or BOTOX® Cosmetic?

BOTOX® and **BOTOX® Cosmetic** may cause loss of strength or general muscle weakness, or vision problems within hours to weeks of taking **BOTOX®** or **BOTOX® Cosmetic. If this happens, do not drive a car, operate machinery, or do other dangerous activities.** See "What is the most important information I should know about **BOTOX®** and **BOTOX® Cosmetic?"**

What are the possible side effects of BOTOX® and BOTOX® Cosmetic?

BOTOX® and BOTOX® Cosmetic can cause serious side effects. See "What is the most important information I should know about **BOTOX®** and **BOTOX® Cosmetic?"**

Other side effects of BOTOX® and BOTOX® Cosmetic include:

- dry mouth
- discomfort or pain at the injection site
- tiredness
- headache
- neck pain
- eye problems: double vision, blurred vision, decreased eyesight, drooping eyelids, swelling of your eyelids, and dry eyes.
- allergic reactions. Symptoms of an allergic reaction to **BOTOX®** or **BOTOX® Cosmetic** may include: itching, rash, red itchy welts, wheezing, asthma symptoms, or dizziness or feeling faint. Tell your doctor or get medical help right away if you are wheezing or have asthma symptoms, or if you become dizzy or faint.

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of **BOTOX®** and **BOTOX® Cosmetic.** For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about BOTOX® and BOTOX® Cosmetic:

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.

This Medication Guide summarizes the most important information about **BOTOX®** and **BOTOX® Cosmetic.** If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about **BOTOX®** and **BOTOX® Cosmetic** that is written for healthcare professionals. For more information about **BOTOX®** and **BOTOX® Cosmetic** call Allergan at 1-800-433-8871 or go to www.botox.com.

What are the ingredients in BOTOX® and BOTOX® Cosmetic?

Active ingredient: botulinum toxin type A
Inactive ingredients: human albumin and sodium chloride

Issued: 03/2010

This Medication Guide has been approved by the U.S. Food and Drug Administration.
Manufactured by: Allergan Pharmaceuticals Ireland a subsidiary of: Allergan, Inc. 2525 Dupont Dr., Irvine, CA 92612

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Your best **summer beauty** tools

Humidity, heat, and sun can work for or against your looks, depending on how you deal with them. But don't worry—we've got you covered. With these tips, gadgets, and toucher-uppers, you'll be gorgeous through it all (and with less makeup). **By Krista Bennett DeMaio**

FACE

1 SEAMLESS SKIN
When the sun's rays shine down on you, they should highlight your glowing complexion—not shine a spotlight on where your blush ends or your foundation begins. Gently wipe a tissue over your makeup to smooth any lines of demarcation. Even better: A lamb's-wool paddle will soften every edge without removing your makeup. Try this one from Laura Geller Beauty Ingenuity, $17.

2 A SKIN PERFECTER
A lightweight liquid base or tinted moisturizer works best now. For truly invisible coverage, apply it with a sponge, like the Sonia Kashuk purple blending sponge, $10. Use the rounded side to stipple on your foundation; flip it over and use the pointy side for areas that need more coverage. Tip: Dampen the sponge before applying makeup and you'll get a sheer, dewy finish.

3 SOFTER EYESHADOW
Sunny days call for makeup that looks fresh and pretty, so lighten up your lids with a subtle wash of color. A large, fluffy eyeshadow brush, such as Adesign All Over Shadow brush, $22, distributes powder sheerly and more evenly than sponge-tip applicators or a brush with densely packed hairs.

4 GLOWING SKIN
The secret to preventing a makeup meltdown is to blot away excess oil. In a pinch, a strip of paper torn off a toilet-seat cover will work (but who wants to carry one of those around?). Try Mai Couture 2 in 1 oil blotting bronzing paper, $33 for 100 sheets, which also deposits a hint of bronzy shimmer as it soaks up shine.

5 MORE BELIEVABLE BLUSH
In case you haven't noticed, those little brushes that come in blush compacts don't give you a soft flush—more like obvious stripes. For a more sheer, natural-looking application, use a fuller brush in a back-and-forth motion along the tops of your cheekbones. A featherlight fan brush is your best bet. Try Smashbox fan brush #22, $18.

HAIR

1 A CAREFREE CHIGNON
The chicest way to beat the heat? Put hair up in a loose twist. Make it as effortless as it looks with Goody Spin Pins, $6.50 for two. Gather hair into a ponytail and anchor with an elastic. Wrap hair into a bun and tuck ends into the elastic. Twist one pin into the bun from the top (like a corkscrew), then spin the second pin up from the bottom. You'll get a perfect chignon that stays put without a dozen bobby pins.

2 WASH-N-GO STYLE
You've always been told never to brush wet hair, but there are times when a comb just won't cut it. The exception to the rule: a flexible-bristle brush like J&D Beauty Luxor Pro Wet brush, $12, which was designed to prevent snagging or breakage. It's a must-have if you're an air-dry kind of girl.

3 SLEEKER OR FULLER HAIR (YOUR CHOICE)
Some days you want to fight humidity with hair that's sleek, and other days you want to milk the mugginess for all it's worth and pump up the volume. Achieve both looks with one blow-dryer. The Gold 'N Hot Professional ionic hair dryer, $40, has an ionic generator that can be turned on and off with the push of a button. Activate the hair-smoothing ions when you want to go silky-straight; turn them off when you want more volume.

4 SUNNY HIGHLIGHTS
Highlights from a box can look like they've come from the sun when they're done right: thin, wispy (never chunky) pieces of blonde around your hairline and the crown of your head. Create the look with the L'Oréal Paris Control-Touch Fingertip tool, part of the L'Oréal Paris Touch-On Highlights kit, $13. Slip the fine-toothed brush onto your fingertip and use it to apply the highlighting formula just where you want it. Or try this pro trick: Paint on highlights from any at-home kit using a clean mascara wand.

As long as there's sun, you can go out and have fun. Because Banana Boat® blocks up to 96% of the harmful UVA and UVB rays that cause sunburn and long-term skin damage. And it keeps working, even in water. So you can jump, dive, even cannonball into your day, confident you're protected.

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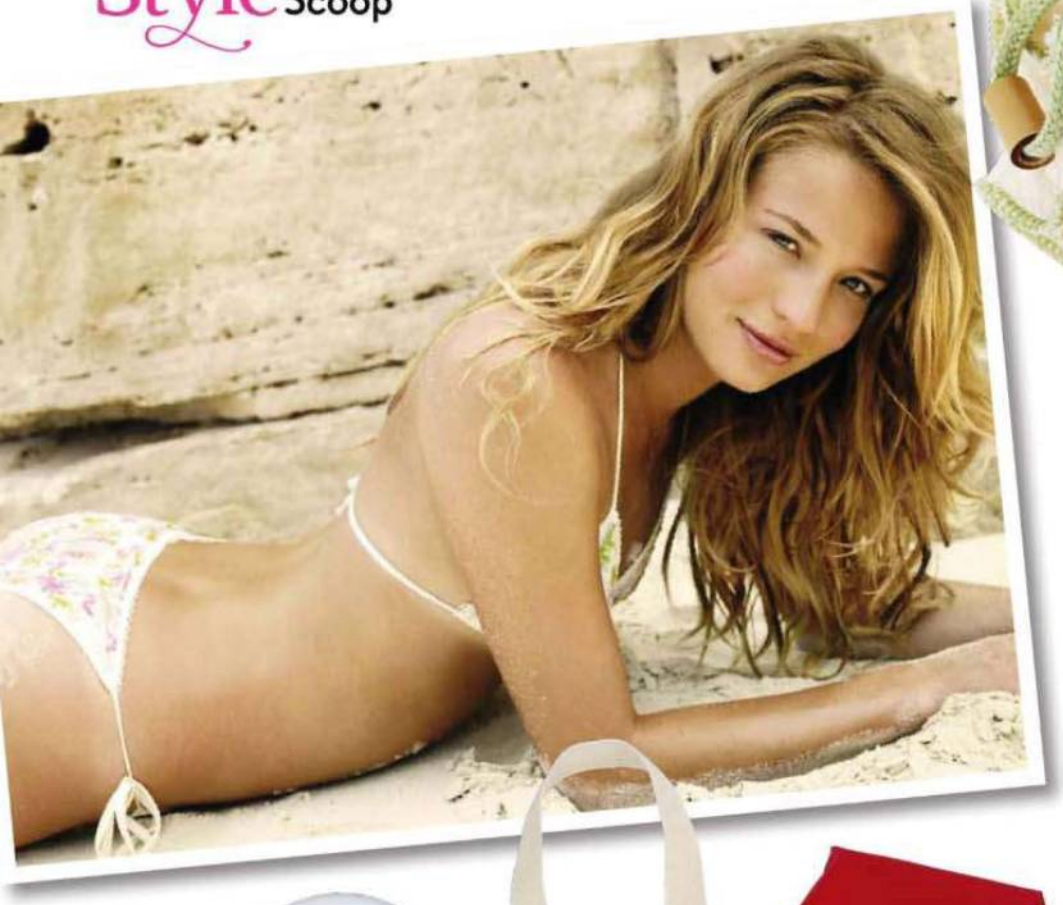

1

BODY

1 A BARE-ABLE BACK
Backne has no place in a season full of strapless dresses, halter tops, and swimsuits—and the bacteria caught in your shower sponge can make it worse. Earth Therapeutics Naturally Anti-Bacterial Bath + Body Sponge, $6, is made with antimicrobial bamboo, so, unlike other poufs and sponges, it won't introduce more bacteria onto your skin.

2 SOFTER SOLES
In a season of sexy sandals and cute flip-flops, dry, scaly feet need some serious sloughing. A long walk on the beach will get you soft heels, but if you're landlocked, try the Perfect Formula Crystal Pedi-Buff, $32. It has a crystal buffing surface, which smooths away calluses and rough spots (use it on elbows too) and never dulls or wears out (unlike metal versions). So in the long run, you'll save your soles and your cash.

3 A FLAWLESS (FAKE) TAN
Self-tanning gets tricky when it comes to your back. Unless you're double-jointed, there's an excellent chance you'll miss a spot. You can enlist your guy to be your spa assistant, but if you're home alone, try the Body Buddy, $23, a nonabsorbent vinyl band that helps you apply self-tanner (or even your regular body lotion) on your back. Squirt the formula directly onto the band, grab the two handles, and shimmy it to and fro down your back.

4 FIRMER LEGS
All the treatments that (really do!) help smooth cellulite involve some sort of massage. The kneading action helps release fluid trapped between the connective tissue (which worsens the dimpled look). Get taut thighs at home with Biotherm Celluli Shaker, $20, a vibrating body massager.

2

3

4

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

LATISSE® is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker, and darker. Eyelash hypotrichosis is another name for having inadequate or not enough eyelashes.

Important Safety Information:
If you are using, or have used, prescription products for any eye pressure problems, only use LATISSE® under close doctor care. Although not seen in LATISSE® clinical studies, may cause increased brown pigmentation of the colored part of the eye which is likely permanent. Eyelid skin darkening may occur which may be reversible. Only apply at the base of the upper eyelashes. DO NOT APPLY to the lower eyelid. Hair growth may occur in other skin areas that LATISSE® solution frequently touches. If you develop or experience any eye problems or have eye surgery, consult your doctor immediately about continued use of LATISSE®. The most common side effects are itchy eyes and eye redness. If discontinued, lashes will gradually return to their previous appearance.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see important product information on the following page. Call 1-866-344-5480 for more information.

*Offer applies to first-time registrants only. Please see additional terms and conditions at Latisse.com.

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PATIENT INFORMATION
LATISSE® ***(la teece)*** (bimatoprost ophthalmic solution) 0.03%

Read the Patient Information that comes with **LATISSE®** before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your physician about your treatment.

What is hypotrichosis of the eyelashes?
Hypotrichosis is another name for having inadequate or not enough eyelashes.

What is LATISSE® solution?
LATISSE® solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

Who should NOT take LATISSE®?
Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

Are there any special warnings associated with LATISSE® use?
LATISSE® solution is intended for **use on the skin of the upper eyelid margins at the base of the eyelashes.** Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

LATISSE® use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

Who should I tell that I am using LATISSE®?
You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

What should I do if I get LATISSE® in my eye?
LATISSE® solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

What are the possible side effects of LATISSE®?
The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

What happens if I stop using LATISSE®?
If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

How do I use LATISSE®?
LATISSE® solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.

ILLUSTRATION 1

ILLUSTRATION 2

DO NOT APPLY in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

General Information about LATISSE®
Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

What are the ingredients in LATISSE®?
Active ingredient: bimatoprost
Inactive ingredients: benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

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Your Love Life

Marriage, men, romance & sex

MARCELLO BIANCO/FOLIO-ID.COM.

3 ways to keep your marriage "clicking"

You know the feeling: You're introduced to someone new and—boom!—you're instant pals, or you meet a man and—*sigh*—it's love at first sight. That mysterious experience we call "hitting it off" is what psychologist Rom Brafman and his brother, Ori, explore in their new book, *Click: The Magic of Instant Connections*. The Brafmans' research uncovers the "accelerators," such as complementary body language and letting down your guard, that lead to instant bonds and also strengthen long-term relationships. "These accelerators generate 'click' because they boost intimacy," Ori says. "Whether you're trying to connect with someone new or reignite the flames in a marriage, more intimacy is what you're aiming for, and the strategies to achieve it are the same." Here, he explains three easy ways to harness the power of "click" to feel closer to your guy:

Give a quick kiss. "Studies bear out the importance of casual touch, how it makes us feel safer and more empathetic," Brafman says. "So scootch in a little closer to your husband, and make a point of touching him casually, on the elbow or hip, throughout the day."

Look for likenesses. "We naturally seek out similarities as a way to feel close to others, and the happiest couples are on a constant quest to uncover ways in which they're alike," Brafman says. "Sharing things in common with your partner—anything from a mutual love of slapstick comedy to a joint passion for pizza—makes you feel like you're part of the same unit, that you're both in your own little 'in group.'"

Get in sync. "Meeting your partner where he is, on both the body and mind levels, leads to increased intimacy," Brafman says. "Paying attention to what he's saying is important, but you can also demonstrate your understanding by mirroring his gestures, like crossing your legs when he does. He'll subconsciously understand that you're present with him and then naturally reciprocate for you." Still, no need to go too far: If you catch your guy scratching his chest, well, that can be *his* thing. —*Lindsey Palmer*

Love Notes

Smart, sexy ideas to keep you connected.

"Mmm, *that* was good"

We say it after a great roll in the hay... but also after catching up with a friend. Most women consider talking to their best friends just as pleasurable as sex, according to a recent survey. It makes sense—experts say chatting with your pals releases the same feel-good endorphins you enjoy during sex. We asked REDBOOK readers: What can be just as good as getting lucky?

"Fitting into an old pair of jeans—the ones you thought you'd never fit into—is as good as sex, or better!"
—Laura Weber, 40, Mesquite, TX

"Crawling into bed with clean sheets and a new book. Smelling the freshly washed linens and losing myself in another world is just as relaxing, exciting, and pleasurable."
—Monica McAree, 33, Hesperia, MI

"The feeling I get from finding that perfect pair of shoes. I get a thrill every time I wear them. Talk about a true 'yes! yes! yes!' experience!"
—Cheri Ambrose, 49, East Hanover, NJ

"A conversation where my husband and I connect on the same level is just as bonding."
—Heather Kobylinski, 40, Glen Ridge, NJ

"Two things: diamonds and guacamole!"
—Jackie Riva, 28, Hoboken, NJ

Heart-pumping dates

The number-one reason to get physical at the gym? More getting physical with your guy. Women in good health enjoy a quality sex life for three to six years longer than their unhealthy counterparts, and fit men enjoy five to seven years' more sex than their couch-potato brethren, a new University of Chicago study finds. Here, six dates to get you moving—in and outside the bedroom:

- **Rent a bicycle built for two** and hit the streets.
- **Jog together** at a pace that still allows you to chat. Find the perfect route by logging on to America's Running Routes (usatf.org/routes) and typing in your location and preferred distance.
- **Visit the nearest river or lake** and rent a canoe or kayak. Try a sunset guided trip, offered by lots of boating companies.
- **Day-trip to the beach** and go for long walks, play seaside paddle ball, and frolic in the waves.
- **Join an intramural softball or kickball league** to play rough with your sweetie and other competitive couples.
- **Rainy day?** Hit the local bowling alley for some indoor action—then score a strike later at home too!

For more inspiration, check out *REDBOOK's 500 Great Dates*. Get it for 10 percent off at bn.com/redbook.

Get noticed online If you find yourself back on the dating scene and you've gone to the Web in search of love, don't be discouraged by a slow start. Turns out more than two thirds of first messages sent on dating sites get no reply, according to research conducted by online dating site okcupid.com. Those messages that usually do get a response open with a creative greeting (e.g., "Howdy" instead of "Hi") and avoid Web speak like "U R HOT." So get out there and—like Mom always said—just be yourself.

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The Naked Truth

Why you shouldn't be shy about oral sex

Hilda Hutcherson, M.D., is a clinical professor of obstetrics and gynecology at Columbia University's College of Physicians and Surgeons in New York City and the author of *Pleasure*. Send your questions to her at askhilda@redbookmag.com.

Q I really hate giving oral sex—I just can't get over the "ick" factor. Is it really that important?

A To most men, it *is* important. If there's one thing men say they don't get enough of, it's blow jobs. And here's why: Oral sex is very intimate and pleasurable (as you probably know from having received it—I hope!). Some men consider it more intimate than intercourse. Your moist, warm mouth—combined with the oral gymnastics your lips and tongue are performing—can create a multitude of thrilling sensations. And all the while, he gets to lie back and focus only on his pleasure, without any pressure to perform. Psychologically, men often feel that oral sex shows how much a woman wants and accepts all of him. Many say it makes them feel special and loved. So if you care for your partner, I believe the question should not be *whether* you want to provide him with oral pleasure but, rather, how often! He shouldn't have to beg for it or have to wait for that once-a-year opportunity!

My question to you is: What exactly turns you off about blow jobs? Lots of women describe that "ick" factor you mention in getting up close and personal with a man's private parts—do you view the male genitals as dirty? For some, the practice is degrading—"good girls don't." Still others are afraid they don't have the skills to give pleasure through fellatio. And few look forward to gagging or, um, swallowing.

Well, let me reassure you that blow jobs can be fun. In fact, performing fellatio can be enjoyable for some women (really!). What's more exciting than watching your partner in the throes of ecstasy and knowing that you brought him there? Done willingly, with the goal of providing pleasure, giving oral sex can make you feel powerful. And if your partner's going down on you, shouldn't you return the favor? (If he's not, doing it for him can give you an excuse to ask him to reciprocate—and if he won't, to discuss why not.)

Let's work on getting you comfortable with this sexy move. First, you should never feel "bad" or guilty about performing oral sex—it's healthy and normal, just another way to spice up your sex life. Second, if you are worried about cleanliness, take a shower with your partner before sex (which can be good clean fun on its own). Third, you don't need to know any expert tricks; simply placing your partner's penis in your mouth will bring him loads of pleasure. If you do want to learn a few new ideas, go to a bookstore and browse one of the many sex guides on the shelves. And finally, between you and me: No, you don't have to swallow! **R**

The ABC's of the G-spot

Stories about a sacred, pleasure-triggering area on the front wall of the vagina have circulated for literally hundreds of years. More recently, scientists have hotly debated both what and where the so-called G-spot is—and even whether it exists at all. I've seen enough patients reporting intense sensation in that location that I believe every woman has a G-spot. It's not just a "spot," though—it's a series of glands that line the urethra, the tube that carries urine from your bladder. These glands are sometimes called the "female prostate," and some women even ejaculate a fluid from them similar to the fluid that's released from the male prostate. Not all women feel something when the area is stimulated, though; many just get the urge to pee.

Whatever you do, don't stress out if you can't find your G-spot or if it doesn't do anything for you. Just relax, and perhaps try exploring the area on your own. Put some lubricant on your forefinger and middle finger, insert them into your vagina, curve them, and make a come-hither motion to gently stroke the inner front wall. Over time, you may start to experience some amazing sensations down there, and can figure out fun ways to show your guy how to help. But if you don't, don't sweat it—shift your focus instead to all the other ways sex feels good to you.

DOMENICA COMFORT.

Bio-Oil
PO Box 51210
Irvine, CA 926629-1210

August 10, 2008

Dear Bio-Oil

I live in Massachusetts, and the weather last winter was trying for the delicate skin on my face. During the winter I developed a small patch of dryness on my forehead and I tried everything to relieve it. I had facials where they used expensive face creams and oils. At home, I tried gels and many name brand lotions, but nothing worked. After I saw an ad for Bio-Oil in a magazine, I figured I'd give it a try, and see if it would help with my dry skin.

In only a week, I've noticed a difference. My face and body is soft and silky. The patch of dryness on my face is almost gone. And Bio-Oil has helped with a few scars on my leg too. The scars appear less visible. But the best thing is that the oil isn't greasy, it absorbs into my skin so that I don't have to worry about my clothes getting all oily. Anyway, this is a great product, and I've told my friends.

Thanks

Crystal Dawn

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No.1

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The Whys Guy

Can home improvement destroy your marriage?

After years of shared D.I.Y. home projects ending in threats of separation, our guy columnist and his wife have learned that there *is* a limit to their partnership. And that's not such a bad thing. **By Aaron Traister**

For our guy columnist and his wife, home renovations are less *This Old House* and more *The Money Pit*.

UNIVERSAL PICTURES/COURTESY EVERETT COLLECTION.

My wife and I may disagree on everything from parenting style to personal health, but our ability to communicate makes a lot of potentially difficult situations much easier. Whether the baby has developed a nasty habit of drinking out of the toilet, the dog begins to mysteriously smell like rancid garbage, or the car decides that it hasn't sucked enough money from our pocket this month and breaks down once again, Karel and I generally don't sweat it. We simply remind each other to close the lid on the toilet, we take turns monitoring what the dog might be rolling in or eating from the yard until we isolate the culprit (it took us two weeks to figure out that it was her new food), and we sit down and discuss what luxury items to cut from the monthly budget in order to get the car on the road again (no pork chops for Aaron this month, no pedicures for Karel). When it comes to family life, we are like a well-oiled machine—even if the machine looks like a cross between a sports car and a refrigerator. (I'm the refrigerator in this metaphor.)

After five years spent in a house that gives new meaning to the term *structurally unsound*, however, Karel and I have discovered that home improvement is the one area of our life together where the well-oiled machine not only breaks down but explodes and erupts into a fireball that lights up the night sky for miles. As opposite as we can be about parenting and money and all that other important stuff, we have faith in each other's judgment and a fairly deep understanding of where the other person is coming from. But when it comes to home improvement, that trust disappears instantly, because we both know that neither of

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us has any clue what we're talking about. I like to believe I'm some kind of D.I.Y. savant and that as soon as I start a project, its process will come to me intuitively. Karel likes to believe that her latest issue of *Dwell* will give her a deeper insight into how to turn our backyard "From Trashy to Classy with the Power of Sod." The problem is that the yard she read about in *Dwell* doesn't come with a 75-pound dog that occasionally smells like garbage and loves to dig.

Since Karel had locked herself in the floorless bathroom and refused to talk, I figured, *Hey, I might as well eat a sandwich.*

Our first D.I.Y. defeat came when we decided to re-tile the floor of our bathroom. Karel did what Karel does: She read, she evaluated, she researched, and she talked to the folks at the hardware store. She was ready for anything... except *actually* tiling a floor. Not that I was any more prepared. I had a vague idea of how someone might tile a floor, and it seemed to me that any misconceptions would be cleared up in the execution phase. So we got to work.

Here are the 8 simple steps Aaron and Karel used to tile their bathroom floor:

Step 1: Get rid of the old floor. We pulled up the old laminate flooring together, without incident. We yanked, scraped, and ripped. We were proud. We high-fived.

Step 2: Begin bickering. The euphoria of completing Step 1 wore off once the terrifying reality of having to complete every other step set in. Karel kept insisting that we use tactics she'd read about in books—tactics that didn't actually apply to our bathroom—while I just wanted to start "doing stuff." Soon we began pushing each other's buttons as we tried nervously to figure out what to do next.

Step 3: Actually fight. Each of us made half-assed attempts to try what the other person was doing and subsequently failed, leading to confrontation. Three hours after completing Step 1, we had not accomplished anything other than getting into an all-out door-slamming, name-calling, divorce-threatening superfight.

Step 4: Make a sandwich. What am I gonna say? After hours of fighting, you work up an appetite, and since Karel had locked herself in the floorless bathroom and was refusing to talk to me, I figured, *Hey, might as well eat a sandwich.*

Step 5: Resume fight. After breaking for lunch, we got back to work. And by work I mean yelling at each other.

Step 6: Resolve conflict. After five hours of fighting, we called a friend to come over and arbitrate. He's a good and patient man, and he talked us down. He helped us realize that, first and foremost, our bathroom needed a floor. Karel threw in the towel and told me to do it "my damn self"—as long as it was done by morning.

Step 7: Regret that you alienated the person who could've helped you. I handled this step on my own around 2 a.m.

Step 8: Lie. The bathroom floor I created is ugly and jagged in places. To this day,

What do you want to know about men?
If you're looking to figure out your guy's mysterious behavior, our columnist Aaron will try to explain (but he makes no promises!). Email your questions to him at redbook@hearst.com (subject: Whys Guy). Be sure to include your name, city, state, and email address.

when anyone comes to our house and uses the bathroom, I simply say it was like that when we moved in. Then, to make my tale more authentic, I complain about the former owners' cutting corners.

The bathroom-floor incident has repeated itself on countless occasions. There were the Backyard Brawls of '05 and '08, in which we argued over whether we should have sod or mulch. The Color Wars occur whenever we decide to paint a room. We've also had a Fan Installation Insurrection and a Great Faucet Fiasco, to name just a few highlights.

But since the arrival of our children, we have been forced to reevaluate our method of working around the house. During the Great Faucet Fiasco, we discovered that loudly hurling expletives at each other as we storm out of the house in opposite directions while an unmanned, partially installed faucet spews water all over the kitchen floor is not conducive to a stable environment that promotes healthy growth in infants.

We needed to make a change.

Our solution, arrived at by mutual silent agreement: Go it alone. When it comes to the house, we simply don't work together anymore. We don't try to communicate, we don't try to negotiate, and we don't ask each other's opinion. If Karel wants to install a ceiling fan in the living room, she does it. If I want to build bookcases into the wall of the dining room, I do it. We don't tell the other person before we do it; we just go ahead and get to it. If she needs some help with something heavy, she'll ask for assistance. If I need someone to hold a flashlight, I'll give her a shout. That's the extent of our discussions about our projects. These days, the rule of thumb in our ramshackle house is this: Whatever the other person just did, it was probably better than what was there before. If it doesn't work, then it gets redone at a later date by whoever gets frustrated first. Karel and I have discovered and learned to live with this limit to our togetherness—we've accepted that there are some decisions and tasks we can't and shouldn't share.

Yes, communication, trust, and cooperation are the foundations of any good partnership. But when you can't cooperate with the person you love because you have absolutely no trust in their abilities, it's probably not a good idea to communicate that to them. **R**

COURTESY OF SUBJECT.

REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. His work has appeared on babble.com and salon.com.

Sex Life Road Test: Hot Flicks

Does that sex advice really work? Will that product really change your love life? Every month we ask brave testers to check out new tips and tricks designed to keep your love bond strong. This month, two couples stay in for a sexy-movie night. Did it send the flames of passion soaring?

Couple #1 "Watching those sexy scenes was great foreplay."

She says: My husband and I snuggled up on our comfy couch and popped in the DVD of *9½ Weeks*. It didn't take long for me to become quite turned on. The movie is chock-full of erotic scenes, all of which made me feel hot and bothered—especially when Kim Basinger's character performs a striptease and when Mickey Rourke's character blindfolds her and teases her with ice. This was great foreplay, and my man and I got it on pretty early. (Then we had to rewind to see what we'd missed, because I was actually quite into the story line!) This experience was great—I can't wait to do it again!

He says: Throughout our relationship, my wife and I have had to pause movies during steamy scenes, so I expected that watching *9½ Weeks* would be no different. It definitely supplied us with more than enough material to get turned on. This was a fun way to watch a movie!

Passion factor: 🔥🔥🔥🔥 Smoking

Couple #2 "The movie sparked an interesting conversation, which helped us bond."

She says: My boyfriend and I rented the movie *Unfaithful*. The sex scenes were pretty hot, but I actually found the premise pretty difficult to stomach. I am so bothered by cheating that I couldn't really get into the "hot" parts when Diane Lane's character cheats on her husband. My boyfriend was on the same page as me. So while this movie didn't lead to a night of passion for us, it did spark an interesting conversation about our feelings about cheating—we both find it devastating—and that helped us bond. We ended up having great sex, but I don't think it was because of the movie. I'm open to watching other hot movies together, so long as they're not about cheating!

He says: We chose *Unfaithful* because my girlfriend had heard it was sexy, but in the end, neither of us was turned on by it. The sex scenes might have been hot had the relationship between the two characters—a married woman and her lover—been different. I couldn't get past the element of infidelity, so I was just turned off.

Passion factor: 🔥🔥 Tepid

5 SEXY-MOVIE IDEAS

Secretary You don't need a safe word to get a thrill from this tale of a sadomasochistic affair between an attorney and his sexy secretary.

A History of Violence It's about a quiet family man with a dark past, but watch it for the steamy scene with his wife in a cheerleader getup.

Mr. & Mrs. Smith Witness the sizzling chemistry of the world's hottest couple (Brangelina) as they duke it out as rival assassins.

Chocolat Oh, the temptations: French accents, mouthwatering desserts, and, best of all, Johnny Depp as a smoking-hot gypsy.

Y Tu Mamá También This Mexican film boasts the hottest ménage à trois found on a DVD you won't be too shy to rent.

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The Heart Stuff

I'm falling for my husband's best friend!

"I can't stop thinking about him, but I don't want to ruin my marriage."

Q I've always thought my husband's best friend was a nice guy, and we've enjoyed hanging out with him and his girlfriend. But recently, they started having troubles. At a party we were hosting with them, his girlfriend got really intoxicated and was very flirty toward everyone, including my husband (but excluding her boyfriend). Later in the night, the best friend came and sat with me, and I wanted to flirt with him in the same way. I don't know if I was hoping to give his girlfriend some of her own medicine or what. Two weeks later, the couple broke up. Now that he's single, I can't stop thinking about him. **Last weekend at another party, I almost told him I wanted to kiss him.** I don't want to ruin his friendship with my husband over a crush, and I certainly don't want to ruin my marriage over it. So what do I do to make my feelings go away? **—E.J., 31, Clearfield, UT**

A Start by staying away from any parties where you're likely to run into this guy. For that matter, **stay away from any parks, cafés, dry cleaners, malls, or Starbucks where you're likely to run into him. Just stay away.** Do this for long enough and your crush will fade; it may not vanish completely, but the urgency surrounding it should lessen. And that's what you're aiming for, ultimately. You want to reduce the impulse to act on your crush.

Second, relax a little. Acting on your crush is one thing—you can certainly create a huge mess by following your fantasies—but simply *having* a crush on a man who is not your husband will not immediately and automatically lead to the ruination of their friendship and your marriage. **Somehow we suppose that the moment we say "I do," a magic spell is cast upon us: No man will ever catch our eye again, and if one does, it's cause for alarm. But this isn't true.** We humans are drawn to other humans; it's natural and, in moderation, it's fun. I have a Southern friend who thinks it's impolite for her friends *not* to flirt with her husband; it demonstrates that they think he's not attractive.

There's no reason to beat yourself up over your attraction. To have a vital marriage, you and your husband must be awake to what's in your hearts—and at

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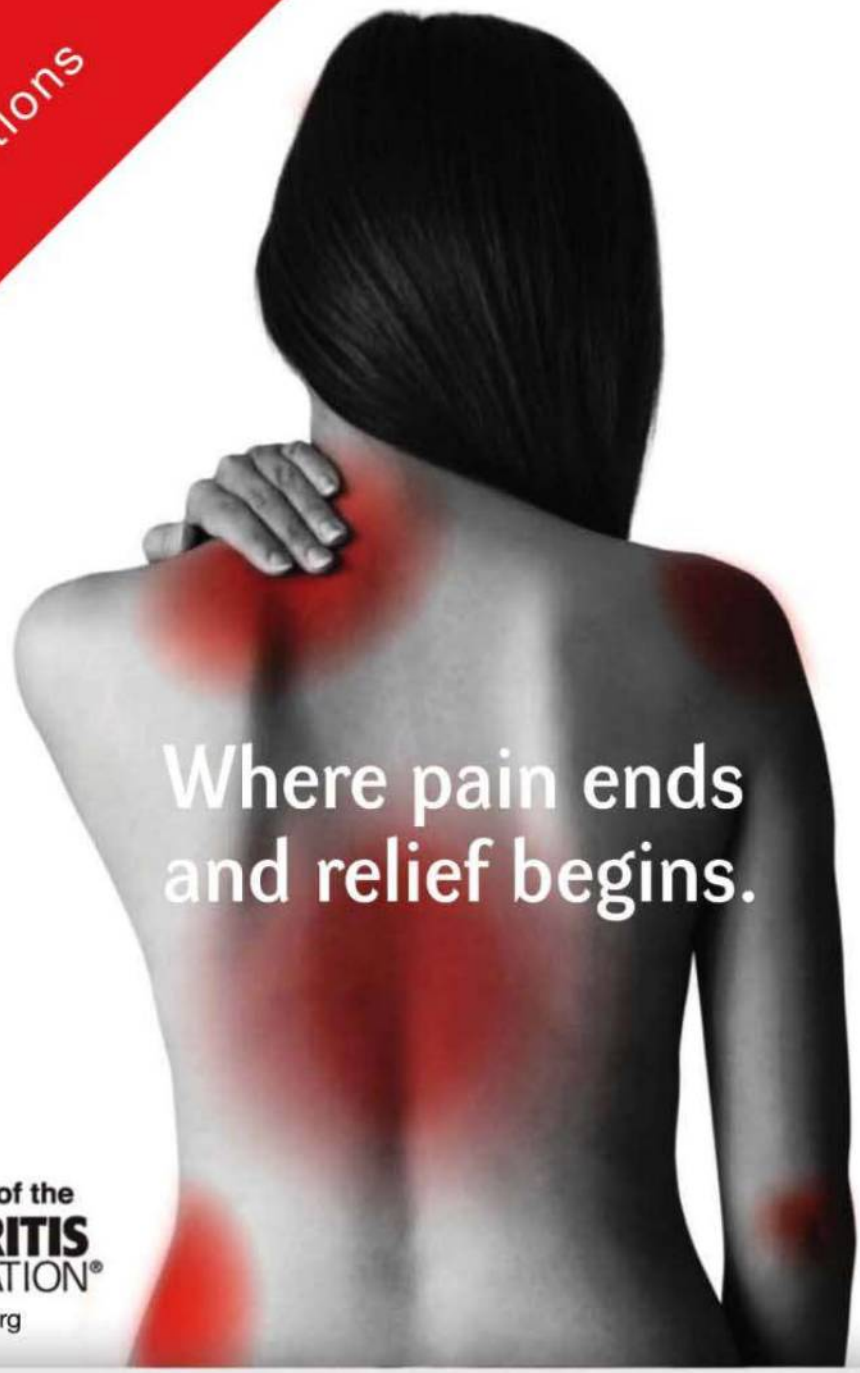

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Karen Karbo is an award-winning writer and the author of *The Gospel According to Coco Chanel: Life Lessons From the World's Most Elegant Woman.* She's also a mom, a teacher, and a horse owner. For more advice, go to redbookmag.com/karenkarbo.

the moment, this is what's in yours. Examining these feelings, rather than shoving them away, is part of being present in your own life.

Mind you, I'm not suggesting you run and confess everything to your husband. In our tell-all culture, it's rarely popular to suggest that there are some things you can (and probably should) keep to yourself, but this is one of them. Instead, acknowledge your crush for what it is, do not nurture it, and soon it will pass.

My dad needs me—but I need my own life!

Q I am a single woman who is hoping to date and start a family before it's too late. My mother passed away three years ago. My father, in his mid-70s, is still strong and healthy, but he lives alone and has no friends or interest in social activities. Instead, he relies solely on me for all his social interactions—I am an only child and live an hour away from him—calling me several times a day, showing up at my house for impromptu visits, expecting me to come visit him most weekends, and sometimes during the week too. **I feel like I am in a catch-22: I'm either leaving him to deteriorate in his isolated life, or fulfilling his social needs at the expense of mine.** How can I take care of my father and have my own life? **—Y.K., 43, Los Angeles**

A How? By doing it, pure and simple, working it out step by step. You hope to date? Get busy. Even taking your father's needs into consideration, there's no reason you can't have a date once or twice a week. Keeping an eye on your dad is simply part of your life, not your whole life.

I suspect much of your question stems from how discombobulating it is to lose a parent, especially in a small family. Everything is thrown out of whack, like a three-legged stool that's lost one of its legs. **So part of what's going on is you and your dad are figuring out how to move forward, both together and individually, and that takes some time to work out.**

By acting as if it's completely normal and expected for you to have a social life—which it is—you'll eventually create a useful conflict with your father. An occasion will arise in which he expects you to come over, and you won't be available, and you'll have to explain that to him. This will open the door for a conversation about how the two of you will handle such situations in the future. You'll be able to express your concern about his lack of social connections and interest, and also let him know that while you're there for him, you're not at his beck and call. How will he respond? You won't know until you have the conversation.

On a more practical front, is there any way you can move your dad closer to you? Reducing the drive time will make you feel less obligated and less resentful.

Being the surviving spouse is always difficult. **I'm sure your father is still grieving and adjusting to his single state. But you can't fix this for him.** He is healthy, which is a huge blessing. Only he can decide whether to become more involved in his life or not. In the meantime, move on with your own plans.

Will this ever be more than just sex?

Q I am in love with a wonderful man. We had a very brief sexual relationship a decade ago—one that blessed us with an amazing son, who is now 10—but we've kept things on a platonic level ever since. **Last year, my son's father called me and asked if I would consider changing our relationship to a sexual one, one with "no strings attached."** I obliged, probably in the hope that with the sex would come love. I don't know if this has happened. We slept together several times over the past year but not for quite a while now. I know he has not dated anyone, and I've not dated much either. Basically, I want to ask him how he feels about our relationship and me. Should I? Or should I just stay with the situation as it is? I'm very confused and hoping for some direction! **—K.K., 40, New York City**

A Given how this man behaves toward you now, I'm fairly certain the love hasn't followed the sex. He asked for no strings attached, and you agreed. So as disappointing as it may be to hear and to realize, I think you have your answer about where he stands in regard to you and the relationship. He's perfectly happy with the way things are.

But you're not. And because of that, I don't see any reason why you should stay in the situation. **Do you really want crumbs from this guy? Yes, he's your son's father, and for that reason you'll always have a relationship with him; beyond that, it's time for you to draw the line.** If you feel you have to, go ahead and ask him how he feels about you. You have nothing to lose, and perhaps his answer will help you gain some clarity about what he's thinking. But it's clear to me, at least, that you deserve better. Give yourself a chance to find someone who'd welcome a few strings. **R**

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Week 3

Day 7

Re-create your first date

STEPHANIE RAUSSER/SARAH LAIRD INC./TRUNKARCHIVE.

28 hot little sex life ideas

Welcome to the best possible kind of month-at-a-glance. It's 28 days' worth of new ways to feel sexy. Try them all for a married-sex makeover, or grab just one for a wow-that-was-amazing night. **By Ronnie Koenig**

We've designed a calendar that will rock your world—without shaking up your everyday routine. It's packed with easy, no-time-at-all ways to increase intimacy with your partner, boost your confidence, and help you rediscover a more fulfilling (and fun!) sexual connection. We've broken them down into feel-good activities that you can do all on your own, romantic ideas that will bring you emotionally closer to your guy, and some adventurous moves the two of you can try between the sheets (check the key below). Find the ideas that speak to you and then let the sexual sparks fly!

WEEK 1
Boost your sexual confidence

DAY 1

♀ **Flex your flirt muscle.** Sharing a flirty smile with the hottie at the coffee shop can give you a confidence boost. "When you're in a trusting relationship, you can flirt in a harmless way," says Ian Kerner, Ph.D., author of *Sex Recharge*. "I call it 'transferable sexual esteem,' when you get a charge and bring those feelings home to your guy." Just keep the exchange brief and PG.

DAY 2

♀ **Sleep in the buff.** Cast aside your pj's tonight and let nothing come between you and your sheets. Laying your skin against the linens is a sensory experience that will make you feel more connected to your body.

DAY 3

♥ **Strike a pose.** Taking sexy photos is a visual reminder—to you *and* your guy—of your sensuality. Keep it covered with a cami and boy shorts, or strip down to your birthday suit.

KEY:
- SEX WITH HIM
- ROMANCE
- JUST FOR YOU

DAY 4

♀ **Get fully groomed.** Book a mani, pedi, bikini wax—the works. Or consider trying a new down-there hair color (bettybeauty.com) or adorning yourself with a very private Swarovski crystal tattoo (completelybare.com). By setting aside time to take care of yourself, you're taking ownership of your sexuality.

DAY 5

♀ **Get a crush.** Find a brand-new, grown-up crush (hello, George Clooney!). "It's great to fantasize," Kerner says. "Think of your imagination as your own private playground, and feel free to bring whoever you want along on an X-rated drama of your own creation."

DAY 6

🔥 **Reveal a fantasy.** Share a secret sex fantasy with your partner—and describe to him what would happen in detail. "By opening up with each other, you're building intimacy and proving your mutual trust," Kerner says.

DAY 7

♀ **Dress up underneath.** Instead of the same old boring skivvies, wear your prettiest bra and panty set underneath your everyday attire. Knowing you've got hot underwear on makes you feel 10 times sexier! ▶

Week 4

Day 7

Make out like teenagers

WEEK 2

Increase your intimacy

DAY 1

♥ **Go on a double date.** "Sometimes couples in long-term relationships stop trying to look good for each other," Kerner says. "But when you're going out with friends, you tend to get a little more dressed up. And if you're looking better, you'll be more primed for sex."

DAY 2

♥ **Find your animal attraction.** "Many women say they get turned on by the smell of their guy's neck," Kerner says. Wearing his T-shirt to bed when he's on a business trip, or taking a shower with his soap, can make you feel closer and more attracted to him.

DAY 3

♥ **Body-map each other.** Draw two figures on separate pieces of paper, and then, without looking at each other's papers, mark the areas on the body where you think your mate likes to be touched. Now compare notes.

DAY 4

🔥 **Try a new position.** Tonight, do something a little different: Have him sit in a chair and enter you while you're facing away from him. "Couples often stick with what works," Kerner says. "Trying a new position creates novelty and helps you discover what turns you on."

DAY 5

🔥 **Start sexting.** "Technology is a great way to stay connected and build anticipation," Kerner says. Begin with something simple, like, "I'm thinking about you." Then, when he responds, tell him *exactly* what you're thinking about.

DAY 6

♥ **Get away from it all.** Revive the romance you shared on a recent trip by incorporating a special element from it—such as the margaritas you had in Mexico—into your evening.

DAY 7

🔥 **Talk dirty to each other.** "Start by telling him where you want to be touched, and go from there," Kerner suggests. Feeling shy? Simple statements like "harder" or "more" can be all that's needed to do the trick.

WEEK 3
Strengthen your commitment

DAY 1
♥ **Redo your bedroom.** Get rid of the piles of paper, laundry in the corner, and kids' toys and make your boudoir an adults-only escape. "Having a place where you can relax and feel sensual is often the gateway to sex," Kerner says.

DAY 2
🔥 **Share a bedtime story.** Pick up a book of erotica and take turns reading passages out loud to each other. You can find erotica titles at literotica.com or simply share extra-sexy passages from your favorite romance novel.

DAY 3
♥ **Walk down memory lane.** Watch your wedding video or read letters you wrote to each other when you first started dating. It will remind you both why you're a couple in the first place and get you excited about making new memories together.

DAY 4
♥ **Give a gift for no reason.** Don't wait for a holiday to show your man you care. Even if the gift is not overly romantic, letting your guy know he's on your mind can give him a confidence boost that may carry over to the bedroom.

DAY 5
🔥 **Start a Facebook flirtation.** Post a few flirty messages on your husband's wall. Complimenting each other in a public forum will heighten the buildup for when you see each other in person at the end of the day.

DAY 6
♥ **Try something new.** Take a dance class or see an improv comedy show together. When you take your relationship off auto-pilot, you create excitement and romance.

DAY 7
♥ **Go on your first date.** Re-create the evening with the same itinerary, including the awkward kiss at the doorstep. Following the same schedule—eating at the same restaurant or seeing the same movie—will give you a chance to reflect on how far you've come as a couple.

WEEK 4
Get creative

DAY 1
🔥 **Change venues.** Doing it in a room usually devoted to paying bills or doing laundry can make you feel deliciously naughty.

DAY 2
♥ **Get competitive.** Play mini golf or challenge each other to a game of Rock Band. Engaging in some friendly competition will get your adrenaline going. Raise the stakes by offering some X-rated rewards to the winner.

DAY 3
♀ **Go online.** Watching a risqué video at a female-friendly porn site, such as hotmoviesforher.com, can give you new ideas to try in the bedroom. So boot up your laptop and find some naughty inspiration!

DAY 4
🔥 **Play dress up.** Ask your guy to choose an outfit for you, then suggest one for him. Instead of boxers, suggest he try boxer briefs or bikini underwear!

DAY 5
🔥 **Create your own erotic story.** With hoochymail.com, you can send your partner a personalized sexy story—starring the two of you! Just fill in the details and a free, customized tale will be emailed to you and your honey.

DAY 6
🔥 **Try some PDA.** Playing footsie under the table at a café or giving him a hot kiss at the mall is a safe way to add some sexy to the everyday.

DAY 7
♥ **Make out like teenagers.** Bring yourself back to that state of nervous anticipation, Kerner suggests. "Spend time on foreplay. Don't go past second base and you'll find yourself wanting more." Kiss passionately, have him unhook your bra... and try to tame your desire. Or go ahead and unleash your passion—after all, you've got 27 other new ideas in your arsenal! R

Week 3

Day 2

Share a bedtime story

KEY:
🔥 SEX WITH HIM
♥ ROMANCE
♀ JUST FOR YOU

STEPHANIE RAUSSER/SARAH LAIRD INC./TRUNKARCHIVE (2).

He was beautiful. Piper stared at him, feeling every bit of moisture disappear from her mouth, along with every word she'd ever known.

spending spring break in the Bin. Mental illness ran through her family like the veins of mold in blue cheese. Maybe that was why Tosh had gotten cold feet. Maybe that was why he'd said...

The man was staring at her expectantly. "Paris," she said, surprised at how normal she sounded.

"Ah." The man's face softened, and his eyes took on a nostalgic shimmer. Piper could imagine the airport, with its sterile beige walls and thrum of noise, staticky PA announcements, the sound of a thousand wheels moving across miles of tiled floor, dissolving, as he imagined... what? The Louvre, the Eiffel Tower, some romantic bistro, a stroll through the Jardins de Luxembourg or along the Seine, arm in arm with his beloved? "Paris in the springtime."

Piper felt the need to clarify. "I'm working."

"Oh, yeah?" he asked. "What do you do?"

"Consulting." Nobody knew what that meant. Tosh had told her that repeatedly, after she'd gotten the offer. "Pipe, nobody knows what that means." Once she'd taken the job (and really, with the money they'd offered, there was no way she could have *not* taken it), they'd gone away for a long weekend in the Bahamas, funded by her signing bonus. She'd spent one afternoon on the beach trying to explain the work that would fill her days, but Tosh just kept saying, "So you're going to fire people," until Piper was forced to concede that it was so. In reality, during the 10 years she'd worked for Brodeur Williams, she'd never actually fired anyone herself. She went in; she observed. She sat in on meetings, listening and taking notes, fading into the background, and then she delivered a report to the managers who'd hired her as to how the company could best streamline its operations. She never stayed for the actual firing. That wasn't in her contract.

"Poor you." Finally, the man seemed to see her face, its pallor, her sorrow. He opened his mouth to say something else, but the line jerked forward again and split into six separate lines in front of six separate metal detectors, and her inquisitor was gone. Piper handed over her ticket and passport for a woman in a uniform to inspect.

"This way, please. This way," droned the security guards. Piper ended up behind a young mom pushing a baby in a stroller. A diaper bag hung from the handlebars, and the woman was fumbling with her purse and a bottle half-filled with what Piper recognized as breast milk.

"Can I give you a hand?" Piper asked.

"Oh, no, I'm good," said the woman, who seemed cut from a more competent cloth than Piper. She lifted the baby into her arms and plopped the car seat on the belt, along with the diaper bag and her purse. She tried to fold the stroller one-handed, with the baby balanced on her hip, before giving up and looking at Piper. "Actually, if you wouldn't mind..."

Piper figured she needed help folding the stroller, and was surprised when the woman handed her the baby. "Hi, honey," Piper said, jiggling the warm weight of the baby in her arms, marveling at how fast it came back—the curve of a bottom in the crook of her arm, the jiggle. With Nola she'd felt all thumbs and left feet, flipping through the stack of baby books at her bedside, trying to decipher every cry and coo and whimper. If she could do it again... but she caught that thought in the steel jaws at her brain's perimeter. She nipped it with her mental gardening shears, sending the bud tumbling toward the dirt. No more babies. Not for her.

"Next!" called the guard on the other side of the metal detector. Piper handed over the baby, pulled her computer out of her bag, slipped off her shoes, and walked through the doorway. Something beeped. Of course it did. All night, all day, she'd clung to the idea that travel could help her—a reboot, a fresh start, a little time away from home, and Tosh would miss her enough to change his mind—but the certainty

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Jennifer Weiner's newest novel, *Fly Away Home*, is in bookstores now. Enter to win your copy, plus all of Jen's other books, at redbookmag.com/redhotreadgiveaway. For details, see page 199.

Sink into the best guilty pleasure of the season: REDBOOK's very sexy, red-hot summer read. This year, we asked the *New York Times* number-one best-selling author of *In Her Shoes* and *Best Friends Forever* to dream up an original two-part story that we guarantee you won't be able to put down. So grab a little time for yourself, curl up somewhere comfy, and get ready to giggle, tear up, and possibly blush as you devour Part I of Jennifer Weiner's "The Half Life."

Can you believe this?" the man in front of Piper grumbled. The line, which they'd finally crested, had snaked through a half-dozen switchbacks and extended down the glass-lined corridor of the Philadelphia International Airport, past the white-painted rocking chairs and the flat-screen board listing DEPARTURES and ARRIVALS. Piper gave him a tight smile.

"I get here two hours early for a domestic flight—domestic!" said the man, undeterred by Piper's silence. "And still. Look at this." He jerked his chin at the line, barely bothering to glance at her face and almost certainly not seeing her, not really, because if he did, he'd see a woman on the verge—if not of a nervous breakdown, then definitely of tears. Piper had tried hard with her makeup kit in the 15-minute cab ride from her row house in Center City to the airport, but concealer could only do so much to cover up the dark circles under her eyes. Liner and mascara couldn't disguise the threads of red in the whites of her eyes, lipstick could brighten her mouth but couldn't change the way it turned down in a trembling bow. When you come home from work and your husband meets you at the door, with his bags neatly packed at his side and says, "I won't be here when you come back," what do you do with that information? What do you do when you've got a 4-year-old, when you're the only one in the house with a full-time job, when you've spent the last two years trying to jolly him out of the black cloud that's enveloped him since he lost his teaching position, when you've been paying all the bills, trying to keep everyone happy and clothed and fed? What do you do when he tells you that the night before you're leaving on a business trip to Paris?

It turns out that what you do is hiss the words "Not now" and attempt to step over his suitcase, and you almost succeed, until you feel his firm grip on your elbow.

"I've been trying to tell you," Tosh said, having the good manners to look pained. Piper supposed that this was true. "We need to talk," he'd said, one rainy night back in September... so she'd filled the kitchen with cheery chatter, directed mostly at their daughter. "Piper, I'm not happy," he'd said on New Year's Eve... so she'd fetched him a dish of ice cream, handed him the remote, and slipped out of the den to return email from her office. When he'd started sleeping in the basement the month before, she'd told her daughter it was because she snored, and when he'd said he was in love with someone else, well, she'd simply ignored him. In love with someone else? It was ridiculous. They were married. End of story.

"It's a phase," she'd said brightly to her best friend, Sarah, who'd looked at her with eyes brimming with unbearable sympathy. After that, Piper had stopped talking about it. Talking about it only made it real, and it couldn't be. It was a phase, a bad mood, Mercury in retrograde or something like that. Tosh would get a job, he'd move his stuff out of the basement, he'd start wanting to sleep with her again, and everything would be fine.

Except, if that were true, Tosh couldn't have left. He couldn't have piled his suitcase into the trunk of a taxi, crying, and ridden away from her. Yet that was exactly what he had done. All Piper could do was watch him go.

This isn't happening, Piper had told herself. She'd said it over and over in her mind, at increasing volumes, until she believed it. Not happening. Couldn't happen. Then she'd gone inside, collected Nola from the babysitter, made her dinner and put her to bed. "Where did Daddy go?" her little girl had asked from the cozy depths of her bed (Nola slept with two down comforters, a cotton blanket, and flannel sheets, all of which would be kicked to the floor at some point during the night), and Piper had said, "Business trip."

She'd stayed up all night, zipping her toiletries into plastic bags, settling her suits in their dry-cleaner's plastic into her suitcase, not checking her email, not listening for the phone. She'd shaved her legs and painted her toenails. She'd exfoliated. She'd reorganized her closet, bagging up pilled sweaters and two pairs of maternity pants for Goodwill. In the morning, she'd gotten Nola out of bed, supervised face-washing and teeth-brushing and Cheerios with cut-up banana, then walked her to nursery school. Piper's mother, who'd be staying at the house and helping Tosh look after Nola while Piper traveled, would pick Nola up at noon and take her out to lunch and maybe a movie. At 2 o'clock Piper would call for a cab of her own and head to the airport and then Paris. By the time she got home from the trip, she kept telling herself, everything would be fine. Tosh would have realized how much he missed Nola, and missed her. Her mother would, of course, agree to stay an extra night to give them a chance to go out to dinner and maybe even spend the night in a nice hotel, and there, on anonymous, high-thread-count sheets, she and her husband would make everything all right again.

In the airport, the line inched forward, and the man in front of her was still intent on conversation. "You from here? Philly?" he asked. Piper nodded. "You like it?" he persisted, and she nodded again. She supposed she should be flattered that a man, any man, thought she was worth an effort. Dressed for work, with eyeliner and high heels, her hair twisted on top of her head, she could still get away with a sexy-librarian look. In the mirror, plucking her eyebrows, she could see the signs of age—the deepening fan wrinkles in the corners of her eyes, the odd age spot and, still, the occasional zit. She was 40, with a 4-year-old, a full-time job, and an unhappy and unemployed husband (whose defection she would not, could not acknowledge), and sometimes she felt every day of her age and more.

Tosh, of course, didn't seem to have aged a minute. His nut-brown skin was smooth, his hair still glossy, his body firm, the muscles supple, visible whenever he moved. Tosh was a sculptor; he worked with his hands, with his body, heaving blocks of stone, while Piper, desk-bound and increasingly, dismayingly flabby underneath her clothes, supported them.

"Where you heading?" the man asked.

My life is over, Piper thought dimly. But, of course, she couldn't say that. That was the kind of talk that got you shipped to what her family inevitably called the Bin—as in, Bubbe's in the Bin again. Dad's

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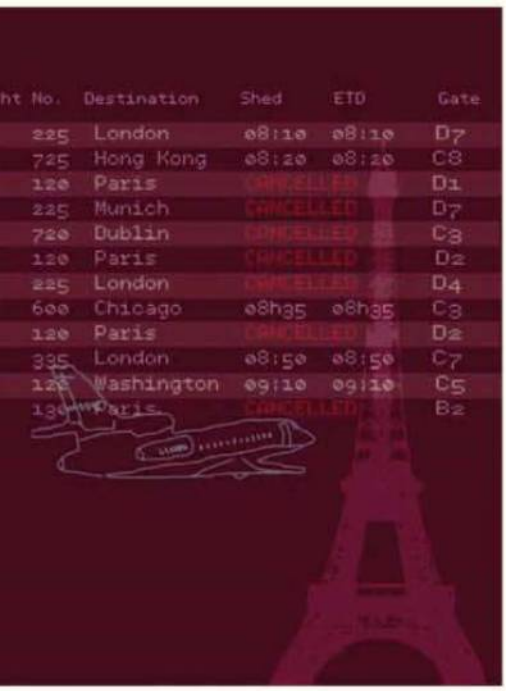

settling into her bones told her otherwise. Her husband was not given to changing his mind. A man of his word was her Tosh. When he was just 23, he'd made up his mind to marry her, and he had. Now that he'd made up his mind to leave her, she could only expect that he'd do that, too.

Cell phone, jew'ry, iPod, BlackBerry, belt buckle," the guard droned. Piper wasn't wearing a belt, or any jewelry besides a single gold bracelet, her wedding band, and her engagement ring. Her phone and iPod were in her bag, along with a letter from Tosh that he'd held out to her while the cab idled at the curb. "Read it when you're on the plane," he'd said. She hadn't taken it, had turned away, refusing to open her hand, but he must have tucked it in her bag when she wasn't looking.

"Try again," said the guard, and Piper, head bent, stepped gingerly through the doorway. More beeping. Back in line, a very important businessman gave a very important sigh. Instinctively, Piper pulled off her bracelet and her rings, set them in a plastic dish and pushed the dish through the belt. She walked through the doorway once again—no beep this time—and shoved her jewelry into her pocket as she made her way to the business lounge by the gate.

At the Admiral's Club, Piper handed her card to the uniformed woman behind the desk. "Very good, Ms. DeWitt," the woman said. She pressed a button. The etched-glass doors slid open. Piper collapsed on a gray love seat, her bag beside her, her wedding rings in her pocket, a letter from her husband that she didn't want to read in her purse. From the cash bar, she purchased a glass of white wine. She never drank when she flew—it only worsened the jet lag—but if ever a day called for wine at 4 o'clock in the afternoon, today was the day. Thus fortified, she pulled her phone out of her purse and dialed her mother's number.

Deborah picked up on the first ring. "Piper?" she asked. "Where's Tosh?"

Piper's heart crumpled. "He's not home yet?"

"Is he teaching?" Deborah asked. (Piper had never gotten around to telling her that Tosh was no longer an employee of the Philadelphia College of Art.) She could hear her mother pausing, then plunging ahead. "Nola's asking for him."

Piper thought it wasn't possible to feel any worse. At the sound of her daughter's name, she discovered that she was wrong. It was as if she was a piece of Wonder bread, and the world—no, not the world, just Tosh—had become a giant rolling pin that had gone back and forth over her until she was nothing, invisible, gone. She lifted her wine glass, empty now, and held it to her eye as her mother's voice, full of concern, said, "Piper, what's wrong?"

He left me, Piper thought. *He left us.* The words rose in her throat, swelling like balloons, choking off her air supply until she couldn't speak, couldn't breathe. "Piper?" said her mother. She pressed her lips shut. If she spoke, if she let those words go free, then it would be true... but here, in the half-world of the airport, the Land of Between, a place where everyone was on his or her way someplace else, maybe she could keep it a secret. Eight hours on the airplane, two weeks in Paris, and then...

"Piper?" Her mother's voice, no longer concerned, had taken on a familiar nagging edge.

Words burst out of her mouth like clear water flooding past a dam. "He's got a seminar!"

Deborah drew in a breath—a suspicious-sounding breath—but before she could say another word or ask another question, Piper said, "It's in New York. At the New School. He's probably going to stay with Jeff and Rebecca, you know, in Brooklyn, instead of going back and forth every day with his pieces... you've got his cell, right?" she babbled. "You can always call him. I'm sure he'll be back by Friday night, maybe Saturday morning...."

She could picture her mother, her short cap of straw-colored hair, loose no-color cotton tops and elastic-waist pants, barefoot even though Piper had warned her that sometimes there were tiny shards and scraps of metal on the floor. Deborah had been resolutely single for 30 years, ever since she discovered Piper's father had been seeing his secretary. She'd piled his belongings into suitcases, set the suitcases at the curb, and informed him that he was welcome to rejoin the family once he'd given up his extracurricular activities. Instead of giving up the secretary, her father had married her, and the two of them had settled in Oregon, and had twins... and how might things have worked out if, instead of giving him the boot, Deborah had tried to convince him to stay? Piper had never asked, but she knew for certain that her mother would have had little patience for Piper's situation.

"Call Carleen," Piper said. "I meant to do it before I left. See if she can come help out." ▶

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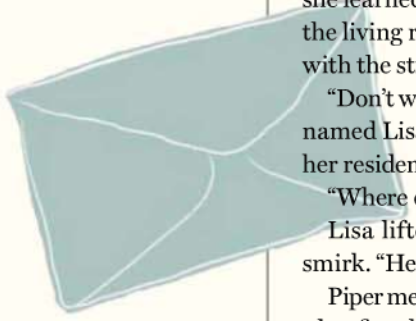
"Wait here," Mark said as they entered the hotel lobby. His face was flushed, his voice as hoarse as a teenager's. *I did that*, Piper thought, and smiled.



Her mother's tone grew marginally warmer. "Where's her number?"

"On the fridge." Piper waited, the telephone clamped in one icy hand, until Deborah reported that she'd found the number and would call Carleen, and then call Piper back. Piper hung up, turned her phone off, and tucked it into her bag beside the letter. "I won't be here when you come back." The words clanged in her head. She closed her eyes.

Piper Garroway met the man who would become her husband just the way the self-help books said she would. She met him when she wasn't looking for a man or, really, for anything at all.

She was 22 years old. She'd just graduated from college. On a whim, she'd taken over her friend Sarah's summer share in a house at the Jersey Shore after Sarah unexpectedly got into the Teach for America program and had to pack up and ship out to Louisiana posthaste. Sarah had paid twelve hundred dollars for the privilege of being one of eight people in a three-bedroom house, but she'd given Piper a break, accepting eight hundred bucks, plus the tent Piper had bought for Outdoor Orientation freshman year and hadn't used since.

The house was a disappointment, even at its bargain-basement price: A tumbledown ranch with vinyl siding, it had thin walls, sandy shag wall-to-wall carpeting, a shower that produced a grudging trickle of rust-colored water that rarely made it past lukewarm, and a single toilet that flooded at least once per visit. Worse, Piper arrived to find out that her eight hundred bucks didn't even get her into one of the bedrooms. Eight hundred bucks, she learned, got her a spot on the pullout couch in the living room, next to a stranger, a strange man with the strange name of Tosh.

"Don't worry," said one of her housemates, a girl named Lisa whom she vaguely remembered from her residence hall. "He's hardly ever here."

"Where does he go?" Piper asked.

Lisa lifted her eyebrows and gave a knowing smirk. "He makes friends easily."

Piper met him on the beach that night. There was a bonfire, the obligatory keg of beer, and even though normally after a day in the sun and the water nothing would have made her happier than to shower, have a dinner of tomatoes and sweet corn, and curl up with her book, she'd decided that the only way to get through her weekends would be to spend as much time as possible *out* of the house. She'd waited in line for the shower, rinsed her hair and washed the salt and sand off her body as fast as she could, then pulled on a loose cotton skirt and a tank top, twisted her wet hair into a bun, and carried her flip-flops, her copy of *Pride and Prejudice*, and a can of Off! down to the beach. She was sitting on the dune, her legs tucked underneath her, marveling at the girls prancing around in string bikinis and wondering if there was enough light from the bonfire to read by, when the most gorgeous man she'd ever seen plopped down beside her.

"I hear we're sleeping together," he said.

Piper stared at him, feeling every bit of moisture disappear from her mouth, along with every word she'd ever known. His skin was as smooth and brown as polished sandalwood; his hair, black and glossy, was gathered into a short ponytail at the nape of his neck. Almond-shaped eyes glittered, curving enticingly upward as he looked at her. His hands, wrapped around his knees, were strong, the fingers long, the nails short and curved, neatly clipped. As Piper tried not to stare, he reached out one warm, square-shaped hand. After a moment, remembering what was expected, she took it, sliding her palm against his warm one, feeling, for the first time, those strong fingers against her skin.

"Hello, roomie," said Tosh DeWitt, whose father was African-American and whose mother was Japanese, who'd majored in fine arts at NYU and who would, two weeks later, take Piper's virginity on an old comforter that they spread on top of the warm sand, underneath the stars. She surrendered it joyfully, in love for the first time in her life, intoxicated by everything about her boyfriend—his chest, bulging firmly into her hands when she slid them underneath his shirt, the way his hair was so glossy that it always looked wet, his brilliantly white teeth against his full lips. Tosh wasn't just handsome, he wasn't even merely gorgeous, or any of the words that typically applied to men. Tosh was beautiful, beautiful in body and face and spirit too, the most beautiful man she'd ever seen or imagined, and somehow, through some miracle, he loved her too, loved skinny, freckled, slightly-bucktoothed-in-spite-of-the-braces Piper Garroway, who knew, even at 22, that there was nothing exotic or alluring about her with the possible exception of her first name.

Ma'am?" A woman in a blue suit was patting her shoulder. Piper sat up, cotton-mouthed, foggy-eyed, blinking.

"I'm so sorry," the woman said, "but your flight has been canceled."

"What?"

"There was a volcanic eruption in Iceland." Piper stared. Was this a joke? Were there even volcanoes in Iceland?

"The ash from the volcano has been spreading across Europe. No planes are landing in Paris right now."

"Tomorrow?" asked Piper. Her heart was sinking. She'd have to go home, to her empty bed; she'd have to face Tosh's absence, to tell her mother, and Nola, the truth.

The woman shrugged. "We just don't know yet. We'll keep you posted, of course." She handed her a piece of paper with a toll-free number and an email address. Piper stood, lifting her bag, wondering about her luggage, already checked through to Paris. In the chair beside her, a man in a gray suit was getting to his feet.

"You too?" he asked.

She nodded, picking up her purse and computer bag, already thinking about whether there was coffee at home and how she'd get her suitcase back when the man said, "The Four Seasons has rooms."

She looked at him. "If you need a place to stay tonight," he added. He was a good-looking guy, with a thick mop of brown hair laced with silver, tall and rangy, wearing his suit and lace-up wing tips like a costume, like a boy dressed up for Halloween in Dad's going-to-the-office clothes. He pointed at Piper's wallet. "You got an American Express card?"

She nodded. This man, she knew, would never tease her for firing people for a living. This man would understand the demands of her job, the way she had to dive into different corporations with different cultures all over the world. Unlike her husband, this man would be impressed.

"Call the concierge," the guy advised. "Tell them you're stuck in Philadelphia...." She saw his mouth pucker as he spoke her city's name, which made her smile—people had such prejudice about Philadelphia. "And you need a room for the night."

She fumbled for her phone, her fingers brushing, once more, at Tosh's envelope, when the man spoke again. "Hey, how 'bout we share a cab? You can call them from there. I want to get going." He bounced lightly on the balls of his feet, clearly eager to be on the move. Piper wondered whether he was an athlete, a runner or maybe a rugby player. She imagined him in cleats and white cotton shorts that left his strong legs bare, racing up and down a field, calling to his teammates. Tosh swam, a solitary, silent activity that suited him perfectly. He'd cut through the water like one of his own moving installations, graceful and absolutely alone. But this guy....

He held out his hand with an appealing smile. No ring. "Mark Bancroft."

Actually, I live here, she said in her head.▶

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And I have to get home. But then she realized that she did not, in fact, have to go home. Her mother would be fine. Nola would be fine. In fact, it might be more disruptive if Piper appeared, only to leave again. And Tosh....

Without letting the thought continue, she took Mark's hand. "Piper Garroway," she said, even though she hadn't been Piper Garroway for 16 years... and then, laptop bag swinging briskly, she followed the man through the lounge's sliding doors, down the escalator, and out into the cool spring night. "Volcano," he said, shaking his head. "Volcano," she repeated, and surprised herself by laughing.

She thought that she knew how Mark Bancroft might imagine their evening would proceed. She'd seen enough films and TV shows about business travelers and the trouble they got into on the road... and, although she would have never admitted it, watched the occasional pornographic movie, alone in a hotel room during one of her long business trips. There would be a getting-to-know conversation in the cab, coy glances in the check-in line, and then, after they'd been to their respective rooms, they'd meet for a drink in the hotel bar. Drinks would turn into dinner... or maybe just an invitation to come upstairs, so he could, say, show her something on his laptop. Then, in the semidarkness of a strange room, he would grip her shoulders, lightly tracing her lips with one fingertip, before leaning in and kissing her.

For a moment, she let herself imagine that it was Tosh in that room... Tosh, and not a stranger; Tosh meeting her at the Four Seasons the night she came back from Paris. "I'm sorry," he would say, easing her back on the bed. "I love you," he'd tell her, his talented fingers working at the hooks and buttons of her clothes. "I want us to be a family again." Then, without intending it, she found herself thinking of a night with Tosh—a night *without* Tosh, really—three weeks earlier. At 10 o'clock, after Nola had made her requisite three trips downstairs to ask for a drink of water and another kiss and an escort to the potty, Piper had put on her prettiest (and only) negligee, short and white and sheer, with a bodice made of lace panels. In the bedroom where she slept alone, she lit a candle, dimmed the lights, dabbed perfume behind her ears, and called down to the basement, telling Tosh that the toilet was clogged (a terrible pretext, but the best she'd been able to think of at the time). He'd come plodding up the two flights of stairs, eyes downcast, face set in tense lines, carrying the plunger. She'd been waiting by the door. He'd pushed right past her, into the bathroom, where he'd flushed the toilet twice and said, "It seems fine to me."

"Tosh," she'd called, hopelessly, helplessly, at his departing back. He hadn't even turned around.

"Dump some Clorox in the bowl if it's still slow," he'd said, and closed the bedroom door behind him.

He didn't want her. She hadn't been willing to acknowledge it at the time. She'd told herself that he was preoccupied, that he was disappointed about losing his job, that he was possibly even depressed. She'd taken off her silly, frilly white nightgown, pulled on sweatpants and a T-shirt, and spent the next hour online, researching therapists who specialized in treating artists and other creative types, printing out a list and leaving it on the breakfast table the next morning, when the truth was, Tosh wasn't depressed... or if he was, it was his problem. He didn't need a therapist... or, at least, he didn't need Piper to find him one. Tosh didn't love her anymore. He'd told her in words, he'd told her in deeds, he'd told her when he'd moved all of his books and clothing to the basement, when he'd refused to help her plan a family vacation, when he'd let her take Nola to the zoo and the children's museum by herself on Sunday afternoons, ostensibly so he could work, but now it was as obvious as a slap in the face, as clear as a cloud of ash darkening the Parisian sky. *Tosh doesn't love me anymore*, she thought... and then, fast on the heels of that thought

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came another, a black cloud obscuring her interior horizons: ...and maybe he never did. And maybe no one ever will.

"So," said the man sitting beside her in the back seat of a cab that smelled like incense. What was his name? Mike? Matt? No, it was Mark. Mark Bancroft. "Where were you headed before all this?"

Instead of answering, she thought about saying, *Would you kiss me? Just so I know that someone else, someday, will want to?* Then she remembered that annoying sexist stereotype: Women talk. Men do. So when an almost insane impulse struck, Piper followed it, scooting across the seat just as the taxi turned sharply, nearly spilling her into his lap. Mark opened his mouth—maybe to ask if she was all right—and she met his lips with her own.

At first, his body stiffened, and she steeled herself for the humiliating moment when he'd push her away. Then his body yielded, his lips softened. His long-fingered, ringless left hand reached up to cup her breast, while his right hand pressed at the nape of her neck, urging her against him as they kissed.

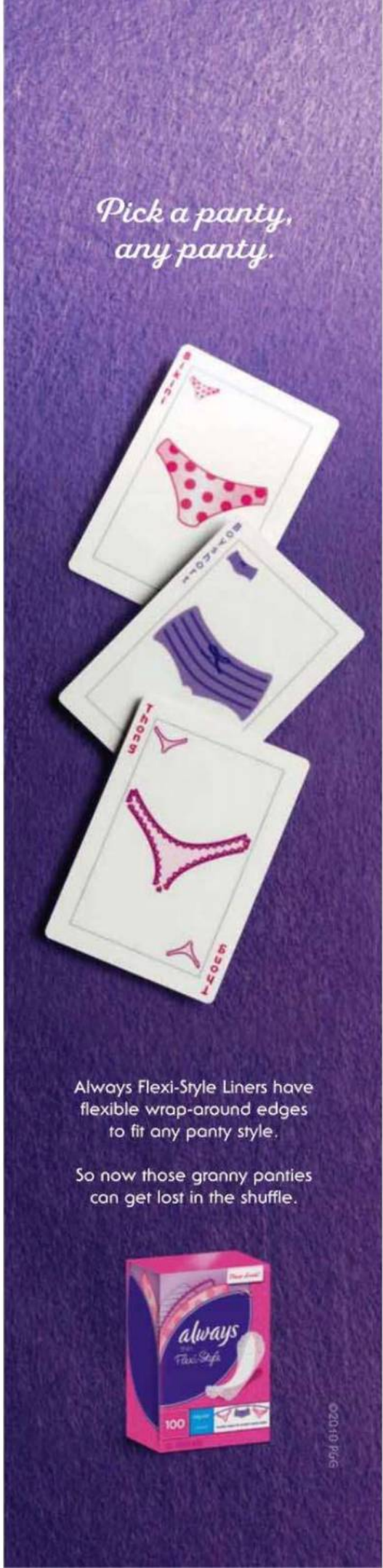
So different, she marveled. This man, this Mark, had a different body (taller and slimmer than Tosh's compact, muscular frame), thinner lips, a taste that reminded her of wintergreen LifeSavers. She pressed against him, listening with voluptuous delight as he murmured, "Oh, God," before reaching for her again. *I don't care*, she thought... and she wasn't thinking of Tosh, of Nola, of her mother, cutting up apple slices and boiling pasta for her daughter's dinner, not thinking of anything except that she was *between*. It was as if she were in an elevator, stalled between floors, or on a plane, stuck on the runway. She was nowhere, and she could take what she thought she deserved like it was a package of overpriced nuts from the minibar that someone else would pay for. *It doesn't matter*, she thought, and pressed herself against him.

They kissed as the cab sped down I-95, and the driver continued to talk, cheerfully, in what Piper thought was French, into his hands-free headset. At some point Mark unhooked her bra and slid his hands up the back of her blouse, stroking her back. The Philadelphia blurring past the cab's smeared windows seemed like a different city than the one she inhabited, where she'd pushed Nola in her stroller to her pediatrician and her playgroup, where she had a bank and a dentist and a gynecologist and a regular Pilates class, where she had once walked to brunch on sunny Sundays holding her husband's hand. In this no-place, this between-place, with her rings in her pocket and Tosh's letter, unopened, in her purse, she could be someone else, or no one at all.

Mark's tongue slipped into her mouth. She gripped his shoulders, fingers grasping the muscles beneath his shirt as the cab turned sharply, then stopped. "Hello, young lovahs!" the driver called. A uniformed doorman said, "Welcome to the Four Seasons," and swung the cab door open.

Piper fumbled with her bra. Mark collected their bags from the cabbie and, with his free hand at the small of her back, led her through the heavy glass doors, held open by more young men in uniforms, like soldiers in some small and fashionable army. "Wait here," Mark said, settling her into a chair in the marble lobby. His face was flushed, his voice hoarse as a teenager's. *I did that*, thought Piper, and instead of feeling sick with guilt, the way she should have been, she smiled. She sat, half-hidden behind a towering floral arrangement, with heavy-headed lilies drooping almost to the ebony marble tabletop, as he went to the desk and made the arrangements. Holding the key card, staring at her unsmilingly, intently, with a look on his face that said, *Oh, the things I'm going to do to you*, this man, this stranger, stretched out his hand. Piper took it. **R**

ARE YOU HOOKED? Piper's story takes a shocking new turn in Part II of "The Half Life," coming up in our August issue. In the meantime, you can send friends to redbookmag.com/redhotread to read this installment.



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You should not start SIMPONI™ if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- fever, sweat, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more than normal
- feel very tired

Unusual cancers have been reported in children and teenage patients taking TNF-blocker medicines. For children and adults taking TNF blockers, including SIMPONI,™ the chances for getting lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers.

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakinra), RITUXAN (rituximab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People taking SIMPONI™ should not receive live vaccines.

Reactivation of hepatitis B virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI.™ Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI.™ Tell your doctor if you know or think you may be a carrier of hepatitis B virus or if you experience signs of hepatitis B infection, such as:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure can occur or get worse in people who use TNF blockers like SIMPONI.™ Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus.

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber.

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI™ such as hives, swollen face, breathing trouble, chest pain.

Common side effects of SIMPONI™ include: upper respiratory tract infection, nausea, abnormal liver tests, redness at site of injection, high blood pressure, bronchitis, dizziness, sinus infection, flu, runny nose, fever, cold sores, numbness, or tingling.

Please read the Medication Guide for SIMPONI™ and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

25GL09424

Just one dose, once a month.

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Medication Guide

MEDICATION GUIDE
SIMPONI™ (SIM-po-nee)
(golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

What is the most important information I should know about SIMPONI?
SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.
- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:
- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
  - muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinate more often than normal
  - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

Cancer
- There have been cases of unusual cancers in children and teenage patients taking TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including SIMPONI, the chances of getting lymphoma or other cancers may increase.
- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

What is SIMPONI?
SIMPONI is a prescription medicine called a tumor necrosis factor (TNF) blocker. SIMPONI is used in adults:
- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?
SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:
- have an infection (see **"What is the most important information I should know about SIMPONI?").**
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:
- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?
- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector. Your doctor will prescribe the type that is best for you.
- See the detailed ***Patient Instructions for Use*** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

What are the possible side effects with SIMPONI?
SIMPONI can cause serious side effects, including:

See **"What is the most important information I should know about SIMPONI?".**

Serious Infections
Hepatitis B infection in people who carry the virus in their blood.
- If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:
  - feel very tired
  - skin or eyes look yellow
  - little or no appetite
  - vomiting
  - muscle aches
  - dark urine
  - clay-colored bowel movements
  - fevers
  - chills
  - stomach discomfort
  - skin rash

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.
- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).

Nervous System Problems
Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.
- Tell your doctor right away if you get any of these symptoms:
  - vision changes
  - weakness in your arms or legs
  - numbness or tingling in any part of your body

Liver Problems
Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:
- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems
Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:
- upper respiratory tract infection
- nausea
- abnormal liver tests
- redness at the site of injection
- high blood pressure
- bronchitis
- dizziness
- sinus infection (sinusitis)
- flu
- runny nose
- fever
- cold sores
- numbness or tingling

Other side effects with SIMPONI include:
- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of lupus. Tell your doctor if you have any of these symptoms:
  - a rash on your cheeks or other parts of the body
  - sensitivity to the sun
  - new joint or muscle pains
  - becoming very tired
  - chest pain or shortness of breath
  - swelling of the feet, ankles, and/or legs
- **Psoriasis.** Some people using SIMPONI had new psoriasis or worsening of psoriasis that they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with SIMPONI.
- **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:
  - hives
  - swollen face
  - breathing trouble
  - chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?
- Refrigerate SIMPONI at 36°F to 46°F (2°C to 8°C).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.

General Information about SIMPONI
Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.
- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals. For more information go to www.simponi.com or call 1-800-457-6399.

What are the ingredients in SIMPONI?
Active ingredient: golimumab.
Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:
Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

Revised: 11/2009
25GL09421

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Simponi™
golimumab

Want to be good all day?

Start smart.

Our new Ham and Cheese Scramble has hot, fluffy eggs, roasted potatoes and tasty cheddar cheese. A very hearty start, for just 220 calories.

Save at eatyourbest.com.

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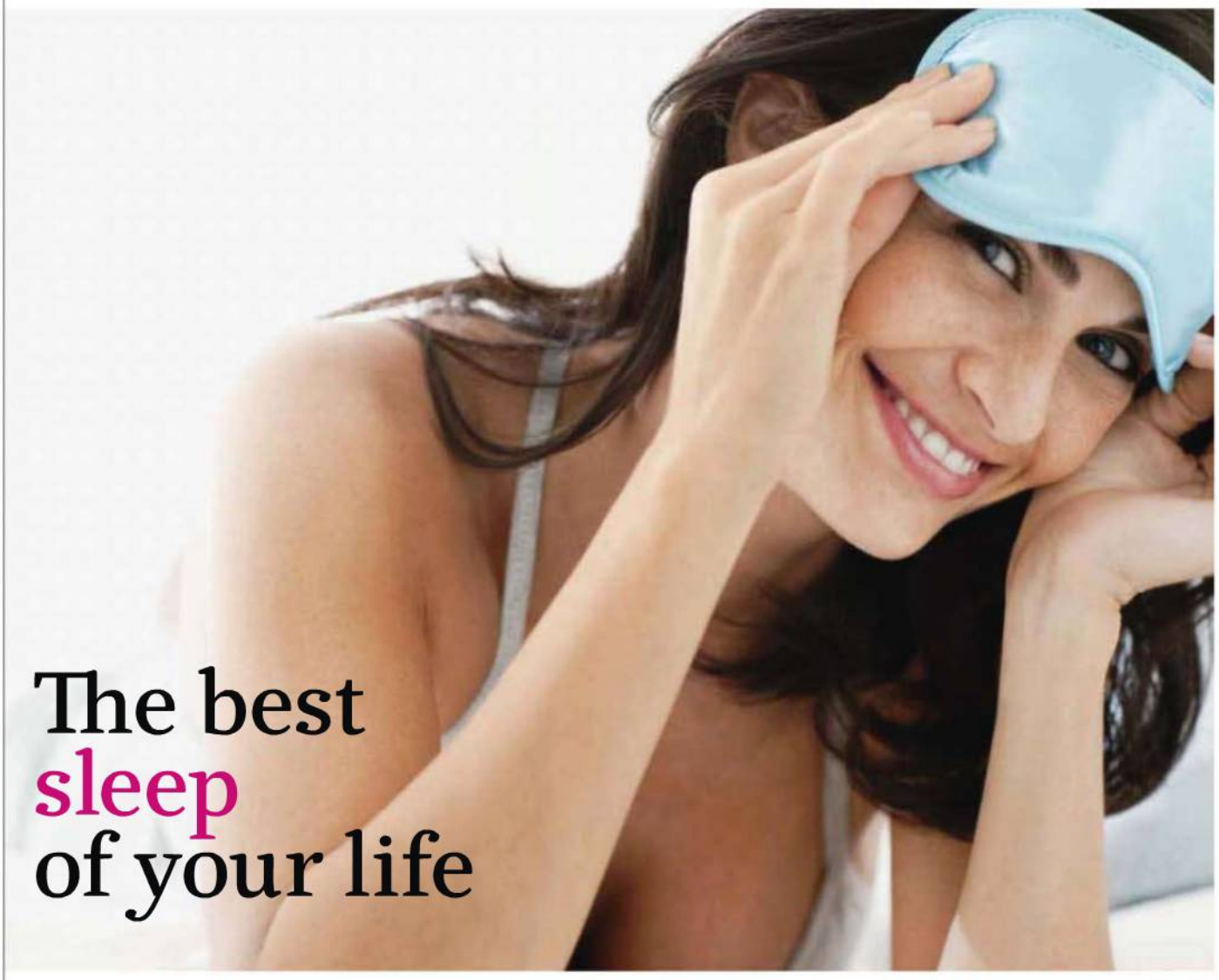
Body & Mind

It's time to take care of you



The best sleep of your life

5 ways to conk out faster, stop the tossing and turning, and wake up with all-day energy.

It's no secret that shut-eye is crucial to your health: Studies show that getting too few z's can cause weight gain, memory loss, and mood swings—and can put you at increased risk for heart disease. But getting too much sleep isn't good for your body either. In a recent study from the Wake Forest University School of Medicine, subjects under the age of 40 who got less than five hours or more than eight hours of sleep each night had an increased amount of fat accumulating around their organs, which can raise your risk of diabetes and heart disease. Though participants over 40 didn't see this effect—the researchers aren't sure why—spending too much time under the covers can also be a sign of illnesses like sleep apnea and depression, according to Matthew Edlund,

VEER.

ZZZZZZZ

Scoring the right balance—not too much sleep, not too little—is crucial for your health.

M.D., author of the new book *The Power of Rest*. "Sleep is our body's time to rebuild and repair itself so we can function at our peak the next day," Edlund says. "When that process gets screwed up, our entire system gets thrown off—and our overscheduled, overworked lifestyles cause that to happen all too frequently." That's why scoring the right balance is crucial. "But everyone's sleep needs are different," he says. "One number doesn't fit all."

To figure out how many hours *you* need, think back to your last relaxed, unscheduled vacation. By the second or third night, what time did you go to bed, and what time did you naturally wake up? The number of hours in between reflects how much sleep your body probably needs on a regular basis, Edlund says. Here's the latest thinking on how to get that rest—and, just as important, how to get the very best sleep you can in the time you do have—so you wake up refreshed, healthy, and happy.

Sweet dreams!

Take an evening stroll.

Walking around the neighborhood after dinner aids digestion, so your slumber won't be interrupted by stomach gurglings or heartburn. And doing it before the sun sets could help you snooze: Insomniacs who were exposed to natural light at dusk tacked on an extra hour of sleep, a Cornell University study showed. "We think that evening light helps reset our internal clock, sending a signal to our body that it's time for bed," Edlund says.

Minimize midnight worrying.

Believe it or not, there's a simple way to avoid those sleepless nights when you find yourself stressing about everything from paying your AmEx bill to what you're going to serve at your next dinner party. Every evening, write down a few nagging issues that are on your mind, as well as what you plan to do about them, Edlund says. You don't have to have all the answers, just a few ideas: "Pay bill in the morning," "Look through cookbooks after work." Mapping out possible solutions will quiet your mind and help you rest easier—literally.

Make your bedroom a blackout zone.

You've heard it before, but that's because it *works*. Shut the blinds, turn off your computer, keep the TV out of the room, buy a sleep mask—do whatever it takes to put yourself in total darkness. Even the dim light from a digital alarm clock can affect the body's production of melatonin, the hormone that helps you stay asleep.

Establish a sleep ritual.

There's a reason you give your children a nightly "bath, book, bed" routine—and why you should follow one too. "Creating a presleep period that's rhythmic and ritualized conditions your body and brain to realize it is indeed sleep time, helping you unwind and fall asleep faster," Edlund says. Here's how it works: Before bed, draw a bath that's hot enough that it causes you to sweat—that's the signal that your core body temperature has risen, Edlund says. When you dry off, your body cools down and you naturally get drowsy. Then, get under the covers with your book. Pick one you should have read in high school but didn't, like a classic, a history or travel book, or a biography. "Reading before bed relaxes the mind, helps you power down, and makes it easier to doze off," Edlund says. So save mysteries, thrillers, and other page-turners for when the sun is up.

Let in the a.m. light.

It's not just twilight that tunes our internal clock. Morning light has the most potent effect on helping our body get in sync with the day, Edlund says. So open the blinds the moment you awaken and let the sun shine in. If you have to wake up before sunrise, consider purchasing a dawn simulator, like the EZ Wake SunRise Clock ($90, biobrite.com), which slowly and gradually increases light to tease you out of bed. Or buy a light box, such as the Philips GoLite P1 Spectrum Light Therapy Device ($109, amazon.com). "Studies show that turning on these light boxes wakes up your brain more rapidly," Edlund says. "That's because their rays are thousands of times brighter than typical lights in your home."

Once you're up and at 'em, there's a double bonus if you go outside and get moving: Both light and exercise have been shown to improve your alertness and your mood. So take a 10-minute stroll with your dog or walk to a farther bus stop, and you'll be able to rise and really shine. —*Nicole Yorio*

SCRAPES AND BRUISES ARE PART OF GROWING UP.

BUT SOME THINGS DON'T HAVE TO BE.

As your preteen grows up, he or she will continue to need your protection. So it's important to know about the diseases that can affect your son or daughter:

- **HPV (human papillomavirus):** the virus that can cause cervical cancer, genital warts, and other HPV-related diseases
- **BACTERIAL MENINGITIS:** a very serious infection of the brain and spinal cord lining
- **WHOOPING COUGH:** a highly contagious, prolonged respiratory tract infection
- **CHICKENPOX:** a viral infection that causes fever and an itchy rash, which can turn into blisters

AT YOUR CHILD'S NEXT DOCTOR'S VISIT, ASK WHAT YOU CAN DO TO HELP.
Or visit sponsor.webmd.com/preteenhealth to learn more.*

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*Provided as an educational resource by Merck on WebMD.

Pretty Healthy

"What should I be doing to strengthen my bones?"

Q I've always heard that the crucial time to build and protect your bones is in your teens—by getting plenty of calcium and doing weight-bearing exercises. Well, I didn't do all that—and now I feel like I'm helpless to prevent bone loss or osteoporosis. Does that mean my bones are going to crumble once I hit 50?

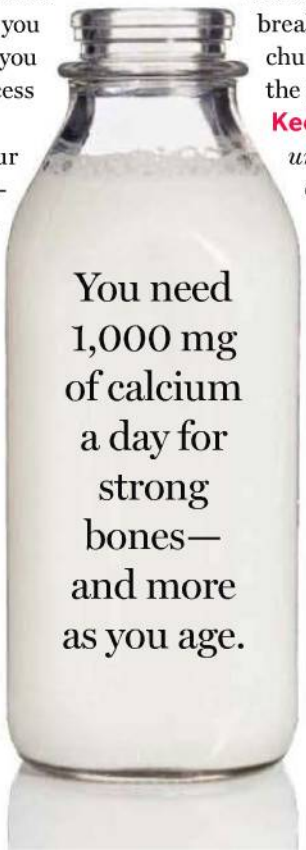
—Radhika Sharma Gordon, 45, Chicago

Alice Domar, Ph.D., is the executive director of the Domar Center for Mind/Body Health, an expert for BeWell.com, and the author of six books, including her newest, coauthored with Susan Love, M.D., *Live a Little.*

A Helpless? Hardly. I don't predict any bone-crumbling here. There's plenty you can do at *any* age, not only to prevent bone loss but also to make your bones healthier and stronger. In fact, making lifestyle changes can protect your bones as much as or more than the powerful drugs being marketed to treat osteoporosis, according to the Surgeon General.

So then what's with all the dire warnings for folks who didn't faithfully work out and down buckets of milk during their tween and teen years? Here's the scoop: The more bone tissue—known as bone mass—you build before you hit 20 (through, yes, the proper diet and exercise), the stronger your bones will be when you're older. After age 20, you can't *build* much bone mass at all and you also slowly start losing mass—a process that accelerates after menopause.

But as I said, that doesn't mean your bones are doomed. What's key is to preserve the bone mass you *already have.* Think of a bank account: If you knew you could save money until age 20 but never put any away again after that, then after 20, you'd try to live in a way that would maintain that account instead of dipping into it, right? Same goes for your bone mass. That "account" closes to new deposits when you hit your 20s, but you can slow its depletion. For the most current research on that front, I consulted with my colleague Miriam Nelson, Ph.D., author of the best-selling book *Strong Women, Strong Bones.* Our advice:



Get your calcium. To help keep your bones healthy, get around 1,000 mg of calcium and 1,000 IU of vitamin D a day (the latter helps your body absorb calcium efficiently). Once you hit 50, up the calcium amount to 1,200 mg. Go for low- and nonfat milk and other dairy products; they're high in calcium, in a form that's easily absorbed by your bones. Milk is especially good because it has added vitamin D. Also try dark green leafy vegetables and calcium-fortified foods and beverages (such as some breakfast cereals, orange juices, and breads). If you still aren't getting enough, talk to your doctor about taking a calcium supplement (the best ones are calcium carbonate and calcium citrate; others may be prepared from unrefined oyster shell, which could contain lead or other toxic metals).

Find more ways to move. Weight-bearing exercise can maintain bone mass, which keeps your bones strong throughout your lifespan. Choose activities that make you work against gravity, such as walking, jogging, running, tennis, hiking, weight lifting, and dancing. You should aim for at least 30 minutes of exercise most days of the week, but you can always break up that half hour into three 10-minute chunks. Know, too, that simply schlepping in the groceries can constitute a "workout."

Keep some meat on those bones. Being *under*weight ups your risk of developing osteoporosis and having a fracture. In one study, people with a body mass index (a measure of body fat based on height and weight) of 25, normally seen as being a bit overweight, had half the hip-fracture risk of those with a BMI of 20, which is considered thin but still within the normal range. (To calculate your BMI, go to nhlbisupport.com/bmi/.)

If you're smoking, stop! Smoking is associated with an increase in fractures—especially of the hip: One study found the risk to be 55 percent higher in smokers than nonsmokers. So kicking those butts means you'll be doing both your lungs and your bones a big favor. **R**

MILK: LEW ROBERTSON/GETTY IMAGES. DOMAR: BARBARA PEACOCK. BOOK: COURTESY OF PUBLISHER.

If you can draw a map to every bathroom in town...

Today

is the day to talk to your doctor about overactive bladder and TOVIAZ® – a pill that comes with a plan.

With Toviaz® (fesoterodine fumarate) and the plan, you're helping manage your overactive bladder (OAB) symptoms in two ways:

- with a pill created to help reduce symptoms all day and all night.*
- and a plan that offers you practical tips, tools and resources to help you take an active role in your treatment.

Visit Toviaz.com or call 1-877-TOVIAZ-9

*Results may vary.

The plan focuses on four core areas:

- food & drink
  make more informed choices
- teach your bladder
  train your bladder to "wait"
- daily Toviaz®
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- keep track
  share with your doctor

Toviaz® treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often).

Important Safety Information

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz. Medicines like Toviaz can cause blurred vision, drowsiness, and decreased sweating. Use caution when driving, doing unsafe tasks, or in especially hot environments, until you know how Toviaz affects you. Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness. The most common side effects are dry mouth and constipation. Toviaz has benefits and risks. There may be other options.

You're encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Pfizer *Please see Important Product Information on back.*

Toviaz®
fesoterodine fumarate
extended release tablets 4mg and 8mg

FEU00183C

Yes, You Can *be healthier this month*

Get a bigger boost from your workout

Sure, you're starving after a workout, but you don't want to blow all the calorie-burning you just accomplished. So what to eat? **Sticking to lower-carb meals for eight hours post-exercise could help you fend off disease,** according to a recent University of Michigan study. Subjects who followed this guideline upped their insulin sensitivity, which lowers your risk of type 2 diabetes and heart disease. You don't have to ban bread and pasta completely (phew!)—just exercise as regularly as you can and lighten your carb load afterward, says lead author Jeffrey Horowitz, Ph.D. Our suggestion: Snack on nuts and fill out your plate with lean meats and veggies.

Use your phone to get fit

There's no need to strap on a pedometer when you can track your steps—and every other move—from a gadget you already tote around all day: your cell. The **Walk n' Play** application, developed by Mayo Clinic researchers for the iPhone and iPod Touch, measures your activity and number of calories burned from the moment you get up to the second your head hits the pillow. Set daily movement goals, or play against others to see who's the most active. No iPhone? No problem! Download the WalkMe app (getjar.com) to your GPS-equipped cell to calculate your speed, distance, and number of calories burned per day.

Get a checkup without seeing the doctor

Know where you stand before your next physical with help from Life...Supplemented, a new wellness website. **The site's quick quiz rates how you're doing** when it comes to diet, exercise, supplements, healthy habits, and overall well-being, then offers advice (pooled from docs and nutritionists) to help you boost your score the next time around. To see if you make the grade, go to lifesupplemented.org/scorecard.

Reach for the *real* maple syrup

Before your next pancake breakfast, consider this: Maple syrup contains more than 20 antioxidants reported to have anticancer and antidiabetic properties, says Navindra Seeram, Ph.D., an assistant professor at the University of Rhode Island's College of Pharmacy. That's not true of low-cal or "pancake" syrups, he says, which tend to have no maple. At about 50 calories a tablespoon, there's no reason not to use "100% maple syrup"—check the label for those words—on your flapjacks. Sweet!

FROM TOP: PATRICK LANE/GETTY IMAGES; ISTOCKPHOTO (2).

Realize.

Weight loss surgery was not a "quick fix." It was the start of my new life.

This was not a fly by night decision. I knew exactly what I was doing. This was the start of being there for my kids; of feeling better as a person; of getting more self-confidence, which was something I had been lacking for quite some time. It's not a quick fix. I still have to work at it every day and for the rest of my life, and I'm okay with that.

MIRANDA | REALIZE® PATIENT SINCE 2008

Get your free REALIZE® Solution information kit.

The REALIZE Solution* combines weight loss surgery with a Web-based clinical support tool bariatric surgeons, dietitians, and behavior modification specialists helped create. So you can achieve and maintain a healthier weight.

Visit REALIZE.com/offer or call 1-866-377-7569 to learn more about your next steps.

IMPORTANT SAFETY INFORMATION

Bariatric surgery may not be right for individuals with certain digestive tract conditions. All surgery presents risks. Weight, age, and medical history determine your specific risks. Ask your doctor if bariatric surgery is right for you. For more information, visit www.REALIZE.com or call 1-866-REALIZE (1-866-732-5493).

*The REALIZE Solution combines REALIZE mySUCCESS® with the use of select Ethicon Endo-Surgery instruments for bariatric surgery.

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IMPORTANT FACTS

Toviaz®
fesoterodine fumarate
extended release tablets 4mg and 8mg

(TOH-vee-as)

ABOUT OVERACTIVE BLADDER

Overactive bladder happens when the bladder muscle squeezes too often or when you don't want it to. You may have wetting accidents (urge urinary incontinence). You may have a strong need to urinate right away (urgency). You may also have to go too often (frequency).

WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

Adults 18 years and older with symptoms of overactive bladder. TOVIAZ has not been studied in children.

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

- Are not able to empty your bladder (urinary retention).
- Your stomach empties slowly (gastric retention).
- Have an eye problem called "uncontrolled narrow-angle glaucoma."
- Are allergic to TOVIAZ or any of its ingredients.

BEFORE YOU START TOVIAZ

Tell your doctor about all your medical conditions, including:

- Stomach or intestinal problems or problems with constipation.
- Problems emptying your bladder or if you have a weak urine stream.
- Treatment for an eye problem called narrow-angle glaucoma.
- Kidney problems.
- Liver problems.
- A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant. It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

POSSIBLE SIDE EFFECTS OF TOVIAZ

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry eyes
- Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ. For a complete list, ask your doctor or pharmacist.

HOW TO TAKE TOVIAZ

- Take TOVIAZ exactly as your doctor tells you.
- Your doctor may give you the lower 4 mg dose of TOVIAZ if you have certain medical conditions, such as severe kidney problems.
- Take TOVIAZ with liquid and swallow the tablet whole. Do not chew, divide or crush the tablet.
- You can take TOVIAZ with or without food.
- If you miss a dose of TOVIAZ, begin taking TOVIAZ again the next day. Do not take two doses of TOVIAZ in the same day.

Things you should keep in mind when taking TOVIAZ:

- Use caution in driving, operating machinery, or doing other dangerous activities until you know how TOVIAZ affects you. Blurred vision and drowsiness are possible side effects of medicines such as TOVIAZ.
- Use caution in hot environments. Decreased sweating and severe heat illness can occur when medicines such as TOVIAZ are used in a hot environment.
- Drinking alcohol while taking medicines such as TOVIAZ may cause increased drowsiness.

What is TOVIAZ?

TOVIAZ is a prescription medicine used in **adults** to treat symptoms of a condition called **overactive bladder**, including:

- Urge urinary incontinence—leaking or wetting accidents due to a strong need to urinate.
- Urinary urgency—having a strong need to urinate right away.
- Urinary frequency—having to urinate too often.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information.
- Go to www.Toviaz.com.
- Call **1-877-9-TOVIAZ**.

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Pfizer has programs that can help.
Call 1-866-706-2400 or visit
www.PfizerHelpfulAnswers.com.

Pfizer helpful answers™

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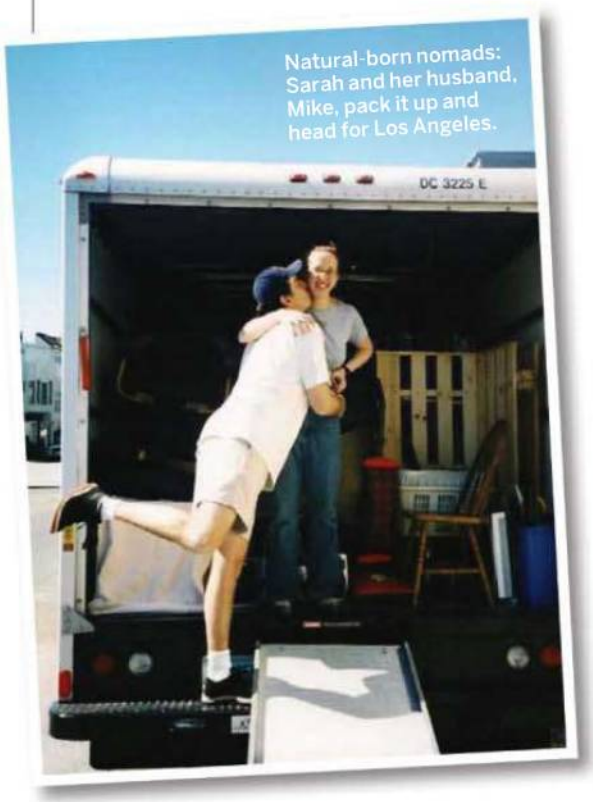
FUMBLING toward... Looking out for... Diving into... Dreading... FEELING 40 my way to

In our continuing series, women on both sides of 40 talk about the joys, challenges, and surprises that come with this milestone birthday.

For the past decade, I've moved more times than I can count. Isn't it time to put down roots already? **By Sarah Schmelling**



Natural-born nomads: Sarah and her husband, Mike, pack it up and head for Los Angeles.

When I was 4 years old, my family moved from Pittsburgh to Chicago. It shouldn't have been a big deal, but I was convinced that it was the end of the world. I sobbed in the new bedroom my parents had decked out in Holly Hobbie decor. I longed for my old friends while my brother, at 2, was already running around contentedly in the backyard with the neighbors. My mother declared right there that "Sarah can't deal well with change."

True to my mother's assessment, I stayed put in Chicago; I lived there through my late 20s, venturing away only for college. But my job as a reporter for a trade magazine kept bringing me to other realms—Boston, Texas, Florida—and on one trip to San Francisco, that breathtaking city, I started to wonder why I was spending winters using defrosters and shovels when I didn't want to and didn't *have* to. So 10 years ago, when I was 28, in a thrilling act of impulsiveness that still surprises me, I got a job in the Bay Area, and within a month I had a studio apartment in Pacific Heights with an amazing view of the sunset over the hills. Moving there changed my whole perspective. Every

ILLUSTRATION: KAREN GREENBERG. PHOTO: COURTESY OF SUBJECT.

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I'm learning that stability doesn't require a permanent address.

day I woke up exhilarated that I was in a new, exciting place. I spent weeks walking around the city, building up my calf muscles as I explored every neighborhood from the Marina to the Mission. I felt energized and free. And I wondered why I'd avoided change for so long.

The joy of the journey

From there, my desire to continue to pull up stakes and move on became more and more powerful. I loved the idea of opening up a brand-new city map, learning a set of street names, discovering restaurants, shops, and sights, and getting to know what makes a place tick. Little did I know just how many of these adventures I had ahead of me. Six months after I arrived in San Francisco, I met my future husband, Mike—a travel writer and fellow nomad—in a coffee shop on Fillmore Street. In 2002, following the dot-com bust, we moved to his hometown, Los Angeles. We lived in Santa Monica, then Long Beach, the Midwestern girl in me continually stunned that I could wake up to the smell of the ocean. In 2006, Mike had a job offer in northern Virginia, and without much hesitation, we packed up everything again and stuffed it into a tiny one-bedroom apartment in the nation's capital. We married on a Malibu beach later that year, and in 2008, when our son, Owen, was born, we moved to the Maryland suburbs. It's been an incredible journey that flowed effortlessly; taking on each new location has always seemed the natural thing to do.

But something happened last fall that made me second-guess my portable lifestyle: I went to my 20-year high school reunion. It seemed like everyone talked about the homes they'd found, in Vermont and Colorado, Pasadena and Seattle, or close to our roots, in Chicago. I realized I was jealous, and not of their jobs or their achievements—I envied the way they knew just where they wanted to be.

This is what I had always pictured for myself as I neared 40. Nothing ever sounded more "grown-up" to me than that milestone birthday, which is now right around the corner. I always believed that grown-ups, especially those like me with a toddler and a newborn, shouldn't live the way I do. Grown-ups have real furniture—not the Ikea specials and hand-me-downs Mike and I cart around the country. Grown-ups live in homes where they can get to know their neighbors and help create memories for their kids. Forty-somethings shouldn't have a month-to-month lease on a place they don't know if they'll be in a year from now, should they?

And so, after my high school reunion, and as I watched Owen take his first steps, I started to fret. Visiting our friends' houses, I began noticing all the features and details there that signaled that roots had happily been set down: the basement renovated to be a playtime oasis, or the door with Sharpie markings for every inch of a child's growth.

It's not that I wanted these particular trappings; what I craved, of course, was a way to feel more settled. But soon I discovered that bricks and mortar are not the only tools for creating a home and a sense of continuity in life. Each time I logged onto my computer to share Owen's photos and milestones with friends spread across the miles, I found real camaraderie, especially through the reconnections I made on Facebook. True, I was far from family and friends—and becoming a mother made me increasingly aware of that—but online I was still in their lives and they were in mine.

At home—anywhere

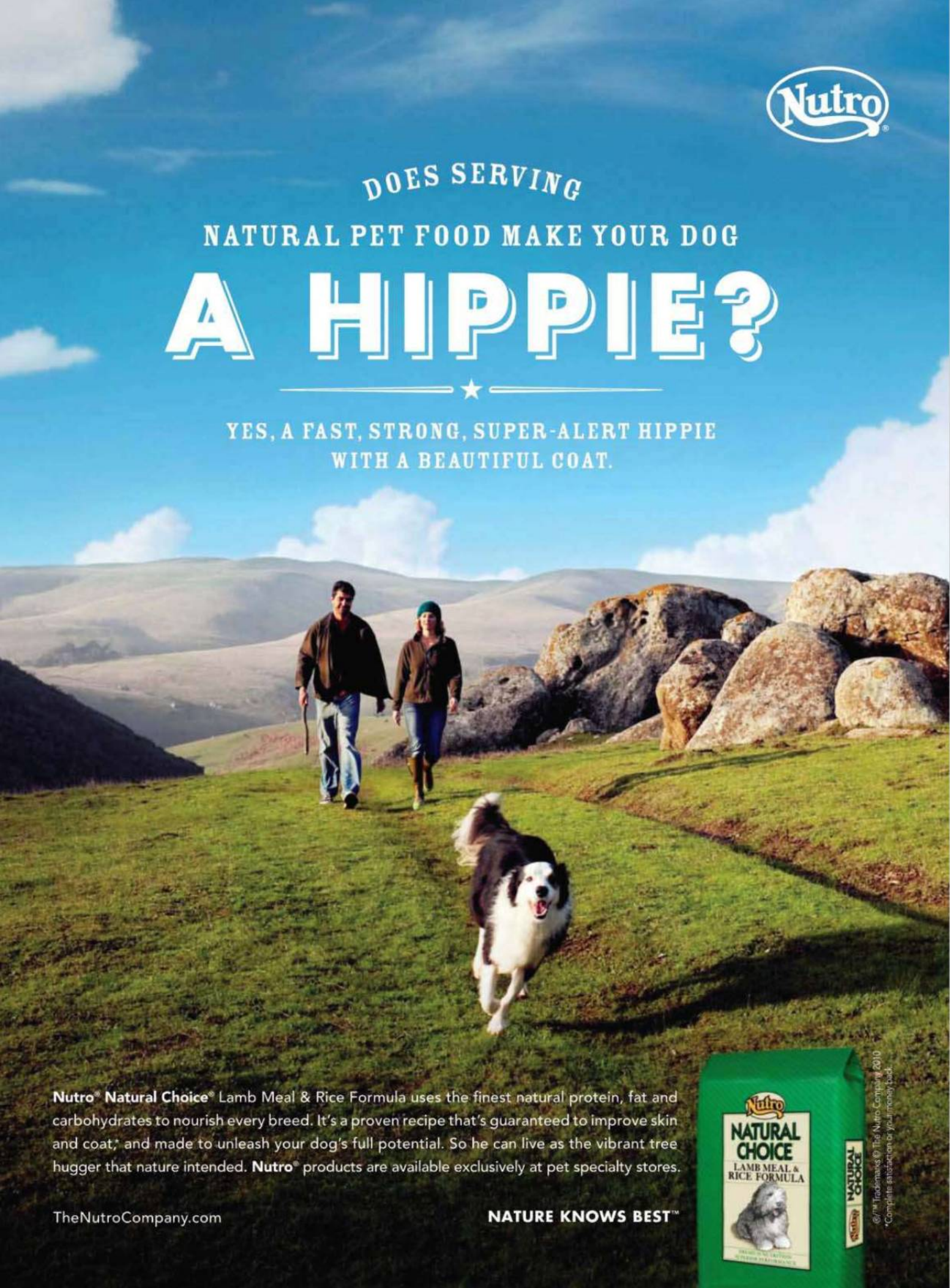
As I looked at these grinning, coy, or flirty faces of my far-flung friends, I realized that my real community is everywhere. No, these wonderful people aren't just down the street. But I think that's a kind of strength: to have a broad foundation of friends, in every possible direction.

In my almost-40 anxiety, I'd been feeling pressure to find what I thought was "stability." But maybe at a time when I can show my children's latest feats to my parents on Skype, or instant-message any friend anywhere, stability doesn't require a permanent address. And I certainly wouldn't trade any of the experiences I've had in all those cities—the concerts in Golden Gate Park, the long talks with a friend on a Southern California beach, and just being with people I like in all the places I've called home—for a piece of real estate or an old idea of what I "should" have as I enter my fifth decade.

I suppose eventually it would be nice to spend a few years without filling out a change-of-address card. But for now it's exciting that I can't say for certain where I'll be living when my 40th birthday arrives. And it's reassuring to realize that I can go anywhere and still find ways to feel at home. **R**

Sarah Schmelling is the author of the humor book *Ophelia Joined the Group Maidens Who Don't Float*. She lives with her husband and son outside of Washington, DC (for now, anyway).

Turn the page to find out how readers like you define *home*. ▶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Unlike stimulant laxatives, Phillips' Caplets provide overnight relief from occasional constipation without cramps by working more naturally with your colon.*

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BAYER

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Home is where you make it

REDBOOK readers who've moved around (and around) tell what it takes to make a new place feel like home.

Because of my husband's job—fixing up houses so that they can be resold—my family moves around a lot. And with three kids, ages 2, 8, and 10, this constant packing up and shifting residence can be frenetic! We've learned to make each new house into our home by bringing our huge collection of pictures, paintings, and posters; one of the first things we do when moving in is to plaster the walls with all of our art so that we immediately feel at home. Each of our children also has a special set of shelves that go right up on the walls where they keep their most precious possessions. Then we settle right in!

—Grace Alexander, 35, Paris, TX

I grew up as an Army brat, so I have lots of experience with moving. I recently moved my family from Massachusetts to California for my job, and I used the same bag of tricks my mom used to create a new home: I packed silverware and plates, a family photo, and something that each family member is thankful for into a plane carry-on bag. When we arrived in our new house, we ordered takeout and were able to have a picnic surrounded by the people and things we care about. Some of my favorite childhood memories come from those picnics, and now I've re-created this sense of home for my family.

—Anneliese Curtis Place, 42, Santa Barbara, CA

My family moved around a lot when my husband and I were in our 20s. Even though we were very busy—we both became doctors at age 24, when our little ones were 9 months and 2 years—we always took the time to make our new place comfortable. We didn't have a lot of money, so we focused on the things that didn't cost anything: spending time with our kids at the neighborhood parks and gathering together for dinner. When we finally bought a house in Florida 10 years ago, I remember declaring to the family that it was our first home, but my then-10-year-old son corrected me and said, "Mom, this is our first house, but we've always had a home."

—Gaby Cora, 44, Miami

It's so true that you can create a home anywhere. As an adult I've moved nine times—all over the United States and in one case to Tokyo. It's exciting to start over, making new friends, finding new activities and cool places, and figuring out how the new place works. I always make a real effort to set up home, go out and meet lots of new people, and network, network, network—all in a matter of weeks.

—Christine Harmel, 38, Austin, TX

As an adult, I've lived in four different states and multiple cities within those states. Making a home wherever I am is just part of my choice to live creatively. I always locate the library, check out its events, and chat up the librarians about my new location. Then I seek out the museums and art galleries and find out about monthly events, where lots of socializing takes place. Lastly, I also like to plug in to the community as a volunteer—I seek out toy and food drives, interfaith services, poetry readings, and other fund-raisers; not only do I get to do some good, but I also make an immediate stake in my new home.

—Kara L.C. Jones, 38, Vashon Island, WA

COURTESY OF SUBJECT (2).

We boosted our probiotics with this

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New Phillips' Colon Health Probiotic + Fiber has a special prebiotic fiber that not only helps support regularity, but also helps our probiotics work even harder. And Phillips' Colon Health contains a proprietary blend of 3 probiotics to help relieve occasional digestive symptoms naturally and support overall digestive health*

Be good to your colon and it will be good to you.

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BAYER

For moderate to severe RA

I HAVE RHEUMATOID ARTHRITIS.

Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using TNF blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA and psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor
- Have or have had hepatitis B

www.enbrel.com

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I ALSO HAVE A LIFE.

If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit www.enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: **Infections,** including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems,** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.

Enbrel®
etanercept

Get closer to the life you want to live

Enbrel® etanercept

Medication Guide ENBREL® (en-brel) (etanercept)

Read the Medication Guide that comes with ENBREL® before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using ENBREL®.

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about ENBREL®?

ENBREL may cause serious side effects, including:

1. Risk of infection

ENBREL® can lower the ability of your immune system to fight infections. Some people have serious infections while taking ENBREL®. These infections include tuberculosis (TB), and infections caused by viruses, fungi or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting ENBREL®.
- Your doctor should monitor you closely for symptoms of TB during treatment with ENBREL® even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with ENBREL®.

You should not start taking ENBREL® if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including ENBREL, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting ENBREL®, be sure to talk to your doctor:

ENBREL® may not be right for you. Before starting ENBREL®, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See **"What is the most important information I should know about ENBREL®?"**)
- are being treated for an infection
- think you have an infection
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinate more often than normal, and feel very tired.
- have any open cuts on your body
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use ENBREL®. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B

Also, BEFORE starting ENBREL®, tell your doctor:

- **About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:**
  - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking ENBREL® with Orencia® or Kineret®.
  - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking ENBREL® with cyclophosphamide.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting ENBREL®, including if you:

- have or had a nervous system problem such as multiple sclerosis
- have or had heart failure
- are scheduled to have surgery
- have recently received or are scheduled to receive a vaccine
  - ✓ all vaccines should be brought up-to-date before starting ENBREL®
  - ✓ people taking ENBREL® should not receive live vaccines
  - ✓ ask your doctor if you are not sure if you received a live vaccine
- are allergic to rubber or latex
  - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber
- have been around someone with varicella zoster (chicken pox)
- are pregnant or plan to become pregnant. It is not known if ENBREL® will harm your unborn baby.
  - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take ENBREL®. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breast feeding or plan to breast feed. It is not known if ENBREL® passes into your breast milk. You and your doctor should decide if you will take ENBREL® or breast feed. You should not do both.

See the section "What are the possible side effects of ENBREL®?" below for more information.

What is ENBREL®?

ENBREL® is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

ENBREL® is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** ENBREL® can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** ENBREL® can be used alone or with methotrexate.
- **ankylosing spondylitis (AS)**
- **chronic, moderate to severe plaque psoriasis in adults ages 18 years and older**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking ENBREL®, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

ENBREL® can help reduce joint damage, and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. ENBREL® can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See **"What is the most important information I should know about ENBREL®?" and "What are the possible side effects of ENBREL®?"**

Who should not use ENBREL®?

Do not use ENBREL® if you:

- have an infection that has spread through your body (sepsis)
- have ever had an allergic reaction to ENBREL®. See the end of this Medication Guide for a complete list of ingredients in ENBREL®.

How should I use ENBREL®?

- ENBREL® is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of ENBREL® at home, you or your caregiver should receive training on the right way to prepare and inject ENBREL®. Do not try to inject ENBREL® until you have been shown the right way by your doctor or nurse.
- ENBREL® is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick Autoinjector
  - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to prepare and give your ENBREL® injections at home.
- Your doctor will tell you how often you should use ENBREL®. Do not miss any doses of ENBREL®. If you forget to use ENBREL®, inject your dose as soon as you remember. Then, take your next dose at your regular(ly) scheduled time. In case you are not sure when to inject ENBREL®, call your doctor or pharmacist. **Do not use ENBREL® more often than as directed by your doctor.**
- Your child's dose of ENBREL® depends on his or her weight. Your child's doctor will tell you which form of ENBREL® to use and how much to give your child.

What are the possible side effects of ENBREL®?

ENBREL® can cause serious side effects, including:

See "What is the most important information I should know about ENBREL® ?"

- **Infections.** ENBREL® can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See **"Before starting ENBREL®, be sure to talk to your doctor"** for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use ENBREL®. Your doctor may do a blood test before you start treatment with ENBREL® and while you use ENBREL®.
- **Nervous system problems.** Rarely, people who use TNF blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF blocker medicines, like ENBREL®. If you have heart failure your condition should be watched closely while you take ENBREL®. Call your doctor right away if you get new or worsening symptoms of heart failure while taking ENBREL® such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using ENBREL® developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps which may be filled with pus . Your doctor may decide to stop your treatment with ENBREL®.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - ✓ Lupus-like syndrome. Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using ENBREL®.
  - ✓ Autoimmune hepatitis. Liver problems can happen in people who use TNF blocker medicines, including ENBREL®. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of ENBREL® include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections)
- **Headache**

These are not all the side effects with ENBREL®. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store ENBREL®?

- Store ENBREL® in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep ENBREL® in the original carton to protect from light.
- **Keep ENBREL® and all medicines out of the reach of children.**

General Information about ENBREL®

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use ENBREL® for a condition for which it was not prescribed. Do not give ENBREL® to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about ENBREL®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about ENBREL® that was written for healthcare professionals. For more information call 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in ENBREL®?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine.

1XXXXXX-v3
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Making It Work

Managing mom life, work & money

The secret to a good mood at work

It's all about carrying that weekend feeling into the workweek. There are a million reasons why weekends seem more fun than the daily 9-to-5 grind (going to the town pool, grilling, seeing friends... or doing *none* of those things, if that's what appeals). Researchers even have a term for the mood boost that comes when Friday rolls around: the Weekend Effect. "Workers, even those with high-status jobs, really are happier on the weekends," says Richard Ryan, Ph.D., a professor of psychology at the University of Rochester and lead author of a study that examined daily mood variation in employed adults. Beyond the obvious—freedom!—the study identified some specific factors that drive the mood boost: spending time with people you really like and doing activities that engage you. So how can you infuse some of that weekend joy into your workday? Instead of spending your five minutes of downtime shuffling folders, swing by your favorite coworker's desk to catch up over coffee, use your lunch hour to sit in the sun with a book, or rework your to-do list so you can start your day with a task you enjoy. While you may never find yourself exclaiming "TGIM!" these daily tweaks can't help but lift your on-the-job mood. —*Anna Davies*

MIKE KEMP/GETTY IMAGES.

What Works

Get-ahead job and money moves.

Did becoming a mom hurt *your* career?

It's a reality that all working women who decide to have a family must face: *Will motherhood hold me back at work?* Although 70 percent of women without children believe motherhood negatively affects a woman's career, according to a recent survey by *ForbesWoman* and thebump.com, more than two thirds of the same survey's working moms found that having little ones *didn't* stop their progress on the job. We asked REDBOOK readers: How did becoming a mom affect your work life?

- "Having three kids really changed my attitude on the job: I went from being a high-strung overachiever to a balanced, relaxed team member. I'm juggling so much now, but having less time to do my work has made me more productive and focused than I was pre-motherhood, and I don't get shaken up by the little things." —*Layla McHale, 38, San Jose, CA*
- "Before I had my daughter, I assumed I'd be back to work, business as usual, three months after she was born. The reality is that my career has taken a backseat to motherhood. I haven't been able to take jobs that require overtime or travel, so I haven't been able to move my career forward as much as I'd like." —*Ameena Din, 34, Los Angeles*
- "I was convinced that having a kid would make me not care about my career. But it actually showed me that my job was crucial to my well-being. I feel that I'm a stronger, smarter, and more focused person at work, which in turn makes me a better mother. Plus, I'm setting a good example for my daughter." —*Elizabeth Castro, 39, Oak Park, IL*

Support our troops—with coupons!

You've probably been there: You pull out your two-for-one Huggies coupon at the register... and it's already expired. Drat! But don't toss those outdated coupons—send them to deployed service members. "Families on overseas military bases rarely get a paper, so they can't clip coupons," says Stephanie Nelson, author of *The Coupon Mom's Guide to Cutting Your Grocery Bills in Half.* **"Luckily, their commissaries will accept coupons up to six months after they expire, so you can send them yours."** The most desirable coupons are for household items such as diapers, toiletries, and laundry soap, she says. Find out how to donate your coupons at couponmom.com/military.

GREEN your desk, get more done

Talk about growing on the job: You can up your efficiency at work (not to mention brighten your days) just by putting a plant on your desk, according to a Texas A&M University study. Not a green-thumb girl? Opt for a hard-to-kill plant like a philodendron, a Christmas cactus, or a spider plant.

CLOCKWISE FROM TOP LEFT: ROY MCMAHON/CORBIS. THINKSTOCK/GETTY IMAGES. JILL FROMER/GETTY IMAGES. PETER SAMUELS/GETTY IMAGES.

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Is it possible to crave wellness? Introducing Quaker®
Wild Blueberry Muffin Instant Oatmeal. It contains whole grains,
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Work in Progress

Get time for work *and* family

How do you give enough to your job and your kids (without cutting out important stuff like, say, sleep)? Steal some ideas from REDBOOK reader **Debbie Mielewski**. She struggled to balance her career as a chemical engineer with her family life, until she realized that the support she needed was all around her. **As told to Lindsey Palmer**

I've spent most of my adult life working as a chemical engineer at Ford. I even met my husband, Kevin, on the job. When I began my career 22 years ago, there were very few women at the company's research facility—I had to hike to another floor to reach the only ladies' room in the building!—and none of them were married or had kids, so I had no role models of what it could look like to balance my career with a family. I put off having kids until my mid-30s because of my focus on work, and when I finally became a mother, giving birth to Tate in 1998 and then Tara in 2002, I had no idea how difficult it would be to try to do it all. Halfway through my first maternity leave, I was thinking, *This is it? My baby's so small and I have to go back to work already?!*

Amazingly, it was actually through my job that I discovered ways to prioritize my family. Ford offers various flexible work arrangements, so over the years I've been able to pick the best options for me as a mother. And I've found my strongest source of support at work too: I lead a team of five researchers developing sustainable plastics, and not only are we all women, but we're also all moms! Because we all understand what it's like to feel pulled in 10 different directions, we're there for each other in ways that go way beyond our job descriptions.

Now that I'm back to working full time, I know I can manage a demanding career and also have a great family life—but I realize that it requires a whole lot of helping hands and inventive scheduling. Here's how I make it happen.

I've created an amazing support network—at work.

Having a team of moms on the job makes for a great work environment: We all cover for one another as needed, so if someone has to be out with a sick kid, the rest of us pick up the slack. Or we'll split up the work at an evening auto show based on the availability of everyone's husbands and sitters. As supervisor, I encourage this flexible setting. It works because we're all super-efficient and communicative, which I think are qualities that come naturally to moms. I figure, as long as everyone is getting their work done, why worry about the details?

Not only are we a compatible work team, but the five of us are also like a moms' support group. We talk about all sorts of child-raising issues, and it's so helpful to be able to lean on these other moms who can offer advice or a sympathetic ear. We're a tight group, and we even get together outside of work: We'll see the latest *Twilight* flick or take our kids to the apple orchard. It makes my life easier—and richer—to be part of such a great team.

I make the most of flex time.

I'm lucky that at Ford you can work anywhere from two days per week to full time, as long as you get your job done; some departments even allow you to have a job-share partner. Both times I came back to work after giving birth, I had a two-day schedule, which eventually bumped up to four days. When Tate was 7, I started up full time again.

Ford also has what they call core hours, which means that everyone must work 9 to 3; then each worker can "flex" the rest of her hours based on what's most convenient. Because I want to be able to spend part of the day with my kids, I wake up

TARA MOORE/GETTY IMAGES.

A BIGGER BLAST

MORE CHEESE SAUCE AND BIGGER SHAPES*

*AS PREPARED, COMPARED TO OUR SPIRALS MACARONI & CHEESE DINNER.

"I have found my strongest source of support at work."

around 5:30 a.m. so that I'm on the job by 7. It's an early schedule, but it lets me leave work early so I can pick up my kids from school.

Then I get to savor the entire afternoon with Tate and Tara. Sometimes we head to the park, play on the swing set and climbers, and just enjoy the sunshine and air. Other times the kids have friends over. Both of our children are very social, and Kevin and I love having our house be the neighborhood hang-out spot, so we encourage it by always having snacks and juice boxes on hand. I feel, the more the merrier! I get a kick out of watching all the kids run around the house, playing tag or spy or hide-and-seek. I never dreamed it would be possible to work a full-time job and still have these experiences with my kids, but it's working out!

Kevin and I connect in the car on our commute.

My husband and I don't have much time for date nights. During the week, it's not uncommon for us to have to work late to meet a deadline, so we usually trade off—I'll stay at the office and he'll head home to be with the kids, or vice versa. And if we do get out on a Saturday night, it's to squeeze in a trip to Costco, which can be fun but isn't quite dinner and a movie. So we've found a different way to connect: On days we know we'll be working the same hours, we ride in one car. The commute is long—40 minutes each way—so it's the perfect opportunity for us to hang out. We like to pick each other's brain about our work projects; he's a computer modeling guy, and I'm more of a hands-on experimentalist, so it's helpful to get each other's perspective. We also share a passion for mid-century furniture and collect lamps, so we talk about pieces we've spotted on Craigslist. Our commute is a solid chunk of time when no one else is talking to us or asking us for anything, and we really enjoy having that time to ourselves.

I let Grammy lend a hand.

When we first had kids, we hired a nanny, but she wasn't the ideal solution: It became a struggle to get her to the house early enough—and when she ran late, Kevin and I would have to make the tough decision of whose schedule was more important on that day so one of us could go to work on time while the other waited at home with the kids. And when the nanny called in sick, we were at a loss.

So, four years ago, when my then recently widowed mother began talking about how she was having trouble filling her days, I had an "a ha" moment and suggested she move closer to us. That way, we could all spend more time together and she could be another person here to help out.

My mother agreed, we snatched up a house for sale on our block, and she's been an invaluable help to our family ever since. The only way Kevin and I are able to leave the house so early—before the kids are even awake—is because Grammy comes over, helps them through their morning routines, and takes them to school. Then in the evenings, around 5:30, we all head over to her place for dinner. The kids set the table and I help with cleanup, but we leave the cooking to Grammy! She likes to make traditional dishes like potato pancakes and corned beef and cabbage. She's a lifesaver.

I take time for me at night.

A couple of years ago, we splurged and installed a sauna in the basement. We don't go on many vacations, so a sauna seemed like a great treat for us. I try to get down there nightly, but it usually ends up happening every other night. For 20 minutes, I enjoy complete and total me time. When I'm in the sauna, my kids know not to interrupt me—Kevin is constantly reminding them to respect that rule. I'm the type of person who's always cold, and boy, does it get cold where we live in Michigan, so it's the ultimate luxury for me. It allows me to relax and unwind and tell myself that no matter what craziness happened that day, tomorrow is a fresh start! R

Debbie—here with husband Kevin and kids Tara, 8, and Tate, 12—enjoys some well-earned vacation bliss.

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YOU CAN NEGOTIATE (ALMOST) ANYTHING

If you do your homework, there are big bucks to be saved and earned on...

● **A NEW CAR.** We all know you should never pay the sticker price for a car. One rule of thumb is to settle the final price *before* discussing monthly payments. (It's easy for dealers to give you a low-rate loan, for example, but then jack up the price of the car.) So get a sense of prices before you set foot on the showroom floor by visiting edmunds.com or kbb.com. If you're thinking about buying a used car, run the car's vehicle identification number (VIN) at carfax.com; for $35 you get a thorough and impartial background check. Vehiclehistory.gov can also provide you with information about the car's theft history and latest odometer readings. If you buy a used model from a dealer, ask for the car's inspection history and pay an independent mechanic to check it out for you.

POTENTIAL SAVINGS: If you haggle (and shop around), you should be able to save about $1,700 off the MSRP, which you can find at edmunds.com or kbb.com.

● **CREDIT CARD PAYMENTS.** The average interest rate is about 16 percent, so if yours is higher, call your card company and ask to have it lowered. Companies are less likely to bend these days because defaults have been on the rise, but if you have a strong credit score (740 or higher), you can probably get a new low-rate card to transfer your debt. Check out your options at CardRatings.com or Credit.com. Once you transfer your debt, put that higher-rate card on ice, but keep the account open; sometimes closing an account can actually *lower* your credit score.

POTENTIAL SAVINGS: Say you owe $5,000 on a credit card with a 20-percent interest rate and you make monthly payments of $100. If you could reduce that rate to 16 percent, you'd save $2,265 in interest and be debt-free almost two years sooner! (Increase those monthly payments, and you'll save even more.)

● **RENT.** Rents are down 3.1 percent on average since the high of 2008. So if you're looking to move or if your lease is up for renewal, now is the time to snag a good deal. Research the going rate for comparable rentals in your area so you can use that as leverage with your landlord (check out rentometer.com and craigslist.org). Keep in mind that you can also negotiate everything from the security deposit to the term of your lease to cosmetic improvements such as refurbished floors or new appliances.

POTENTIAL SAVINGS: Getting your landlord to shave just $50 off your rent adds up to $600 at the end of the year.

● **HEALTH CARE COSTS.** Although health insurance reform has passed, it won't fully kick in until 2014. In the meantime, if you have no coverage or inadequate coverage, talk to your doctor directly or speak to the billing office to explain your predicament. Sound unusual? Not at all. A 2009 Consumer Reports study found that 58 percent of people successfully negotiate down their medical bills.

POTENTIAL SAVINGS: At least $50 per visit or procedure, depending on where you live. One friend saved $150 after having a mole removed simply by asking her doctor up front for the price break.

● **TRAVEL EXPENSES.** Hardly anyone pays the rack rate for a room; all you have to do is ask and you can get a break. For this column, I called 20 hotels around the country and asked for their weekend rate. Once the price was quoted, I immediately asked if there was anything cheaper. Twelve of the 20 quickly offered a lower rate.

POTENTIAL SAVINGS: Stunningly, the hotel discounts I was quoted ranged from $40 to $400 per weekend!

● **SALARY.** Sleuth out data at glassdoor.com and payscale.com to get "comps" for what others earn in your field. Paralegal? Go to paralegaltoday.com. Work in education? Try chronicle.com. If your employer won't budge on a salary increase, keep in mind that there are valuable nonmonetary items to negotiate for as well: extra vacation, the option of working from home, and flexibility to telecommute.

POTENTIAL ADDED EARNINGS: The average raise this year will be about 3 percent. On the typical $48,200 household income, that's about $1,450. ▶

Mind Over Money

Sneaky ways to save and earn more

No, this is not a scrimp-and-sacrifice story! Just learn to negotiate prices down and income up. **By Beth Kobliner**

Beth Kobliner is the author of the *New York Times* best seller *Get a Financial Life*. She can be heard each week on the nationally syndicated public-radio show "The Takeaway." Visit her at bethkobliner.com.

What if I told you there was one simple skill you could pick up that would help you earn more *and* save more every day? Let's start with your paycheck: It's still true that women make only 80 cents for every dollar a man makes. And a recent study found that female MBA grads are taking jobs that pay $4,600 less than their MBA brothers'. But before you rail against the patriarchy, know this: The gender gap is partly due to a negotiation gap. When it comes to starting salaries, a study by Carnegie Mellon professor Linda Babcock found that only 7 percent of women she surveyed negotiated, compared with 57 percent of men. No wonder we're lagging behind!

Asking for more isn't easy. In fact, I once talked a new employer *out* of giving me a bigger salary. After I had accepted my first job offer over the phone, my soon-to-be boss called me back to say he thought he was paying me too little. Did I say thank you, hang up the phone, and high-five my roommate? If only. Not wanting to appear ungrateful, I simply said, "No, thanks. It's fine!"

Since then I've become a lot savvier about negotiating both what I earn *and* what I spend, and you can too. Follow these six steps to get a better deal from your boss, your landlord, even your dermatologist—and read on for more sneaky savings ideas, plus info on exactly how much a little haggling can help your bottom line.

Educate yourself. Always research the salary/price range for the job or purchase in question, and be sure you have accurate info. One woman I know tried to talk her boss into giving her a raise by insisting, wrongly, that a coworker was earning more than she was. Ouch.

Know your goal—and your limits. Babcock found in another study that people who increased their goals by 30 percent heading into a salary negotiation received at least a 10-percent increase in the amount they took home. So aim high, and always go into a negotiation with a specific number you won't go below (if you're talking salary) or above (if you're haggling over a purchase). The person you're dealing with has a number in mind too, so keep talking until you can agree—and don't threaten to walk unless you're really prepared to do so.

Practice when it's not personal. Ease into haggling by doing a few practice runs with people you don't know. Call your credit card company or health insurance carrier, for example, and ask for a lower interest rate or a reduction in a medical charge. And don't take "no" for an answer. Ask to speak to the supervisor, and if that doesn't work, hang up and call again—sometimes just getting a different person leads to a different answer. Then, step it up a notch and negotiate with people you see regularly, such as your landlord or boss.

Keep it real. Be polite, direct, and unflappable. If you're asking for a deal at a business where you've been a loyal longtime customer, say so. And if you're having financial troubles, say that too. One straight-shooting friend of mine whose husband had recently lost his job had to tell her kid's orthodontist that she could no longer afford his braces. The doc graciously agreed to cut his fee in half.

Use the rule of threes. You might not always get a "yes" right away, so look for at least three angles to get what you're after. When negotiating for a lower rate at a hotel, try these questions: Can you give me a lower price? Or free breakfast? Can I get transportation to the airport? At a retail store, consider asking: I saw this online for less—can you match that price? What about 20 percent off? A coupon for the next time I'm here? Getting a "yes," even on something small, not only is a win in the moment but also will bolster your confidence for next time.

Have fun. Challenge yourself to see how much you can save. My friend Deanna—the best negotiator I've ever seen—offers this tip: "I just hate being told 'no,' so I turn it into a game and keep trying until I get to 'yes.'"

ILLUSTRATIONS: ROBERT NEUBECKER. KOBLINER: TARA DONNE.

Turn to page 123 for more money-saving tips. ▶

Start with a strong plate.

End with a soft napkin.

Look for coordinating Dixie napkins.

The perfect duo to handle even your **heaviest, messiest meals.**

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7 questions to ask yourself before you buy

1 Do you have to buy this item? Could you borrow this item from a friend or swap for it? If swapping's an option, check out websites such as PaperBackSwap.com for books, SwapBabyGoods.com for tots' toys, or swapmamas.com for household items and kitchen supplies.

2 Have you found the best deal? Before you make a big-ticket purchase, compare prices at three similar stores. And if you're shopping online, don't hit the checkout button until you've looked for a discount code or coupon. Websites such as fatwallet.com, dealio.com and retailmenot.com can help you find offers from hundreds of retailers such as Old Navy and the Container Store. Check out Restaurant.com for deals to your favorite dining spots. Also, remove some of the "convenience" of online shopping by *not* storing your credit card number or password at the site. That way, you'll have to take extra steps to buy, which may quell the urge to splurge.

3 Have you gotten your z's? If you're tempted to make a big-ticket purchase, sleep on it. Research shows that we're willing to spend more money when we're emotional, so a delay can help take the drama out of a big decision. Plus, living without a new sofa for a night (or a week) may convince you that you'd rather use the money for something else.

4 Are you buying just because it's on sale? Do you really need another pair of black slacks, or does the price just seem too good not to grab them? People often buy more than they planned to at discount outlets. And as someone's mom once said: A bargain isn't a bargain if you don't ever wear it.

5 Have you asked about future deals? If there's an item you're eyeing, tell the store manager that you'd love to know if it's going on sale; some retailers will hold it for you for a day or two. If it's a place you shop regularly (or an online retailer), sign up to receive email notices about sales and special promotions—but only if you can resist buying stuff you don't need.

6 Do you love it and do you need it? Don't pull the trigger on a purchase until the answer to both is a resounding *yes*. If you're not fully enamored when you're buying the item, you really won't be when the bill arrives.

7 Can you afford it? If you don't have money in the bank to pay for the item in full, please don't buy it. No matter how inexpensive it is, charging it to a credit card if you carry a balance just isn't worth it. In fact, the amount you pay in interest could wind up doubling the cost (or more)—and that's no bargain!

SITES THAT HELP YOU SAVE

You can't even begin to negotiate on an item until you know its lowest possible going rate. Why pay $200 for a microwave when a quick online search can tell you it's available elsewhere for $89? These comparison-shopping sites can help you get the best deal possible:

- **PriceGrabber.com** is the granddaddy of the comparison-shopping sites: It searches millions of products—groceries, computer software, you name it—from hundreds of vendors to get you the best price.
- **StreetPrices.com** charts price changes for popular items over time to help you determine if now is a good time to buy that new flat-screen TV. With one click you can check eBay or Craigslist as well as online retailers.
- **Bing.com/shopping** offers up the best prices from tons of retailers—plus, it offers a rewards program that gives a percentage of cash back when you link through their site to online stores, such as Macy's and Office Depot, to make a purchase.
- **Shopper.cnet.com** specializes in all things electronic, with authoritative reviews from the editors at tech bible cnet.com.
- **Kayak.com** rounds up the best travel deals from many sites, including Travelocity and Expedia, and shows you where to find the cheapest flights, hotels, and rental cars without having to hit each site separately.
- **Billshrink.com** lets you compare credit card rates, gas prices, even savings-account or CD interest rates.
- **Google Shopper, ShopSavvy, and Save Benjis** are great smartphone apps for comparison shopping on the go. Check out apple.com/iphone for downloads for the iPhone or handango.com for other smartphones.

Important Safety Information for PRISTIQ®

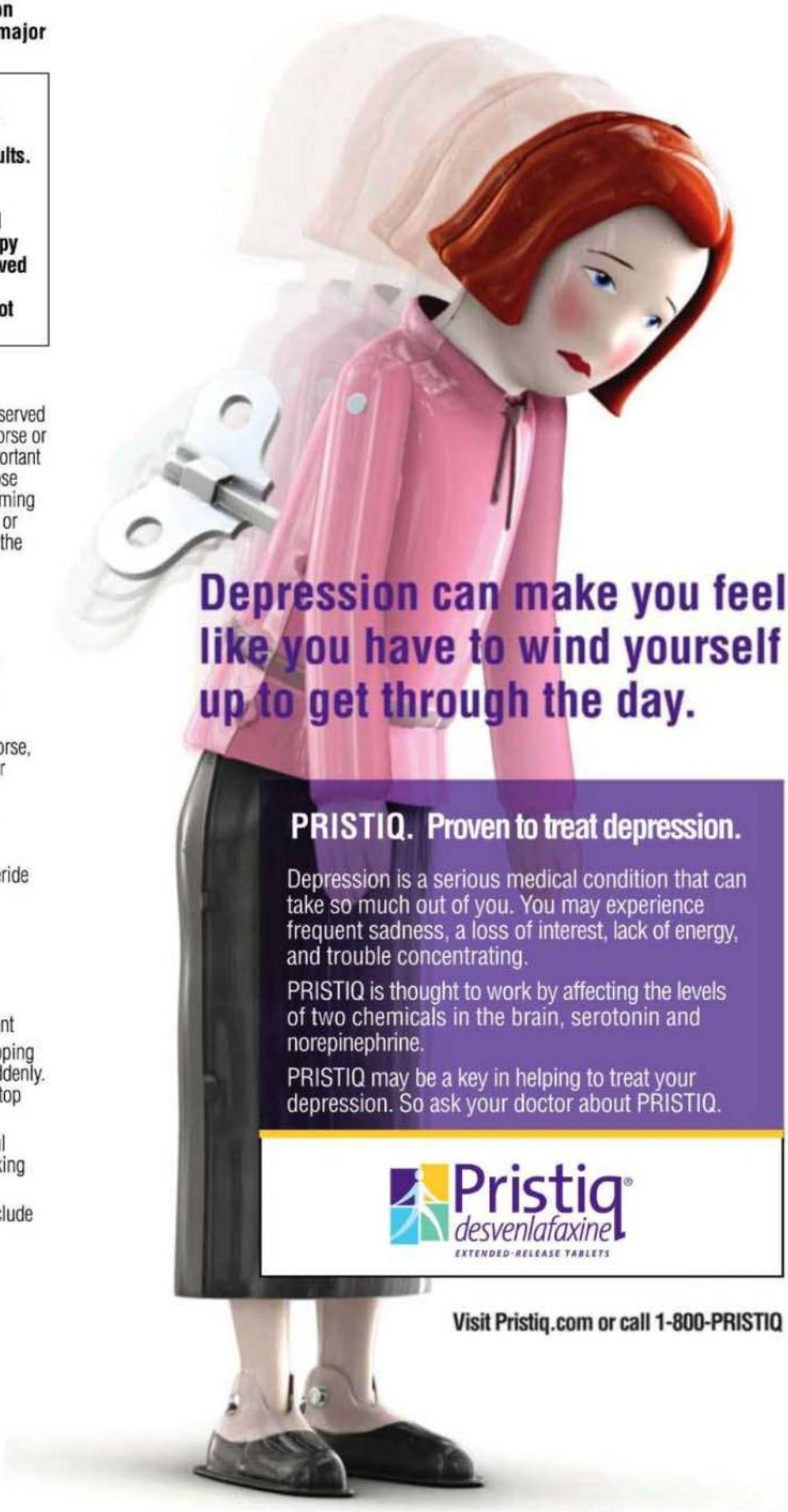
PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Suicidality and Antidepressant Drugs
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior. PRISTIQ is not approved for use in children under 18.

- People taking MAOIs should not take PRISTIQ.
- All patients taking antidepressants should be observed closely for signs that their condition is getting worse or that they are becoming suicidal. This is very important when an antidepressant is started or when the dose is changed. Patients should be watched for becoming agitated, irritable, hostile, aggressive, impulsive, or restless. These symptoms should be reported to the patient's healthcare professional right away.
- Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including:
  - Medicines to treat migraines or mood disorders, to avoid a potentially life-threatening condition
  - Aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding
- PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including if you:
  - Have high blood pressure. Your blood pressure should be controlled before you start taking PRISTIQ and monitored regularly
  - Have heart problems, high cholesterol or triglyceride levels, or a history of stroke
  - Have glaucoma or increased eye pressure
  - Have kidney or liver problems
  - Have or had mania, bipolar disorder, seizures, or convulsions
  - Have low sodium levels in your blood
  - Are nursing, pregnant, or plan to become pregnant
- Discontinuation symptoms may occur when stopping PRISTIQ, especially when therapy is stopped suddenly. Talk to your healthcare professional before you stop taking or reduce the dose of PRISTIQ.
- Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ.
- Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



Depression can make you feel like you have to wind yourself up to get through the day.

PRISTIQ. Proven to treat depression.

Depression is a serious medical condition that can take so much out of you. You may experience frequent sadness, a loss of interest, lack of energy, and trouble concentrating.

PRISTIQ is thought to work by affecting the levels of two chemicals in the brain, serotonin and norepinephrine.

PRISTIQ may be a key in helping to treat your depression. So ask your doctor about PRISTIQ.

Pristiq® desvenlafaxine EXTENDED-RELEASE TABLETS

Visit Pristiq.com or call 1-800-PRISTIQ

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April 2010 265650-01

IMPORTANT FACTS ABOUT Pristiq® desvenlafaxine EXTENDED-RELEASE TABLETS

(pris•teek')
Pristiq® - (desvenlafaxine) Extended-Release Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:
- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.

2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:
- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children**. Talk to your child's healthcare provider for more information.

This Medication Guide has been approved by the U.S. Food and Drug Administration for all antidepressants.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq?

Do not take Pristiq if you:
- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:
- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

•Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles and digestive system work.

Especially tell your healthcare provider if you take the following:
- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- silbutramine
- tramadol
- medicines used to treat mood disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs)

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:
- **See the beginning of this page.**
- **Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"**

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:
- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:
- dizziness
- nausea
- anxiety
- irritability
- sleeping problems (insomnia)
- sweating
- abnormal dreams
- tiredness
- diarrhea
- headache

- **Seizures (convulsions)**
- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal. Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:
- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit **www.PfizerHelpfulAnswers.com.**

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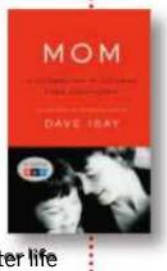
Mom Life

It's not your mother's motherhood.

Every mother has a story

We love reading juicy mommy confessions on blogs and in books—but a little simple, heartfelt honesty can be even more affecting. *Mom*, a new book by National Public Radio contributor Dave Isay, captures motherhood's more poignant moments. Since 2003, Isay has collected more than 50,000 stories from everyday Americans through the StoryCorps project (tune in to NPR on Friday mornings to hear them). For this book, he selected **35 diverse tales about the triumphs and struggles of raising a child in sometimes challenging situations.** We meet a melting pot of American mothers and children: blended families, immigrants struggling to create a better life for their kids, even a divorced mom of seven who became a nun. Pick up *Mom* when you're feeling overwhelmed and need some calming company.



MOM ON A MISSION

This dog could save a child's life

Moms have a sixth sense for danger—we can spot an unplugged outlet at 50 yards or a sharp chicken bone before it's halfway to a toddler's mouth. But imagine if your child had such severe allergies that even touching a car seat that's had peanut shells on it meant a trip to the ER. How could you sniff out every hazard? That's where Angel Service Dogs—the brainchild of Sherry Mers, a mom of two in Colorado Springs, CO—scamper in to save the day. Sherry's nonprofit group trains scent dogs to accompany kids who have life-threatening allergies.

Sherry, 42, whose 9-year-old daughter, Riley, has such a dangerous peanut allergy that she attended most of first, second, and third grade via computer, came up with the idea for Angel Service Dogs last year, when she was watching a TV show about beagles who work for U.S. Customs and Border Protection. "I thought, *If dogs can be trained to smell illegal fruit, why can't they be trained to find a peanut?*" she says. So Sherry researched the most allergy-friendly breeds—such as Portuguese water dogs (like the pup above) and Labradoodles—then hired pros to train the dogs as companions and super-sniffers.

So far, Angel Service Dogs has placed nine dogs with families, and 38 more are being trained. The first graduate was Riley's own dog, a Portuguese water dog named Rock'O. After years of avoiding playdates, Riley recently went on her first sleepover—with Rock'O by her side. "Riley tells Rock'O to search the room, and if he finds an allergen, he points at it with his nose," Sherry says. "Our goal is to expand the world for these kids. Now we can relax, and Riley can enjoy being a kid." For more info, visit angelservicedogs.com.

Baby photos = lucky charms

You always knew your baby's smile was priceless, but now there's proof. Richard Wiseman, Ph.D., of the University of Hertfordshire, scattered 240 wallets around the streets of Edinburgh, Scotland, some with various photos stuffed in their plastic pockets. Then he waited. The results? Eighty-eight percent of the wallets that had photos of smiling babies were returned to their owners, versus only 53 percent of wallets containing pictures of puppies, 28 percent with snapshots of elderly couples, and 15 percent with no photos. "The baby picture seems to have kicked off a caring feeling in people," Wiseman says; apparently it also inspired the finders to do the right thing. So go ahead and keep the picture of your newborn's sweet smile in your wallet—even if that baby is now a Girl Scout!

CLOCKWISE FROM TOP RIGHT: RUBBERBALL/GETTY IMAGES; PATTI WATKINS/INSPIRED STUDIOS LLC. PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D; COURTESY OF PUBLISHER.

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Mommy Strategies

How do you help your child adjust to a new sibling?

Share your smart mommy strategy!

REDBOOK wants to know: How do you encourage your kid to eat healthier? Send your advice to lpalmer@hearst.com (subject: Mom Strats) along with your name, age, city, and state. Your quote could appear in a future issue!

"My daughter, Brenna, now 7, was 5 when I gave birth to Scott. Instead of pushing her to take on her big-sister role, we focused on keeping her individual life as routine as possible: She kept up her schedule of playdates and activities, and we let her dictate when and how much she wanted to be involved with Scott. At first Brenna didn't acknowledge her new brother very much, but when she realized that the structure of her life didn't have to change, she warmed up to him and began asking to hold him or feed him a bottle, and now she loves Scott very much. I think our approach helped mitigate some of the competition for attention that's common when a new sibling arrives."
—Ellen Bremen, 40, Seattle

"When my son Trace was born, I put a sign on our front door telling visitors to ask my 3-year-old son, Trent, to show them his new baby brother. That way, Trent felt like his big-brother role was very important, and he adored Trace. But please don't ask me how they get along now, 10 years later!"
—April Tilley, 42, Winston-Salem, NC

"I made sure to involve my 4-year-old daughter, Jessica, in caring for the new baby. Though it usually took more time, she helped me change diapers (with assistance!) and bottle-feed the baby. Jealousy never became an issue."
—Angie Foley, 46, Princeton, WV

"To prepare my 2-year-old daughter, Carrera, for her new sister, we bought several big-sister books, and we used a baby doll to explain her new role to her. We visited my friends who had babies so she could see what a real baby was like. And once the baby arrived, we asked Carrera to pick out a special welcome gift for her, and then we bought a gift for Carrera from the baby. All of these things helped ease her into becoming a sister."
—Sara Smith, 32, Lancaster, KY

"When I gave birth to my son, Jarrett, I made the mistake of asking my husband to take Rebecca, my 3-year-old, on outings so I could focus on the baby. I soon realized that this wasn't helping Rebecca deal with having a brother, so I switched tactics: When my husband got home from work, I'd hand Jarrett off to him so I could give Rebecca some undivided attention; this helped her get through the difficult time. When I had my third child three years later, Rebecca took it in stride, as did Jarrett, who had never been an only child and so probably figured, *What's one more?*"
—Karen Schiff Freeman, 39, Solon, OH

"I made it easy on myself: I had twins!"
—Maree Carlo, 24, Flemington, NJ

"To prepare my then-5-year-old daughter, Brandi, for the arrival of her new brother, I encouraged her to help choose the colors and theme of the nursery, and she really enjoyed decorating. When our friends and family stopped by to see the new baby, I made sure they spent some quality time with Brandi too. The transition from one child to two turned out to be quite smooth."
—Barbara Stanley, 55, Blairsville, GA

LISA SPINDLER PHOTOGRAPHY INC./GETTY IMAGES.

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Bagel Bites®

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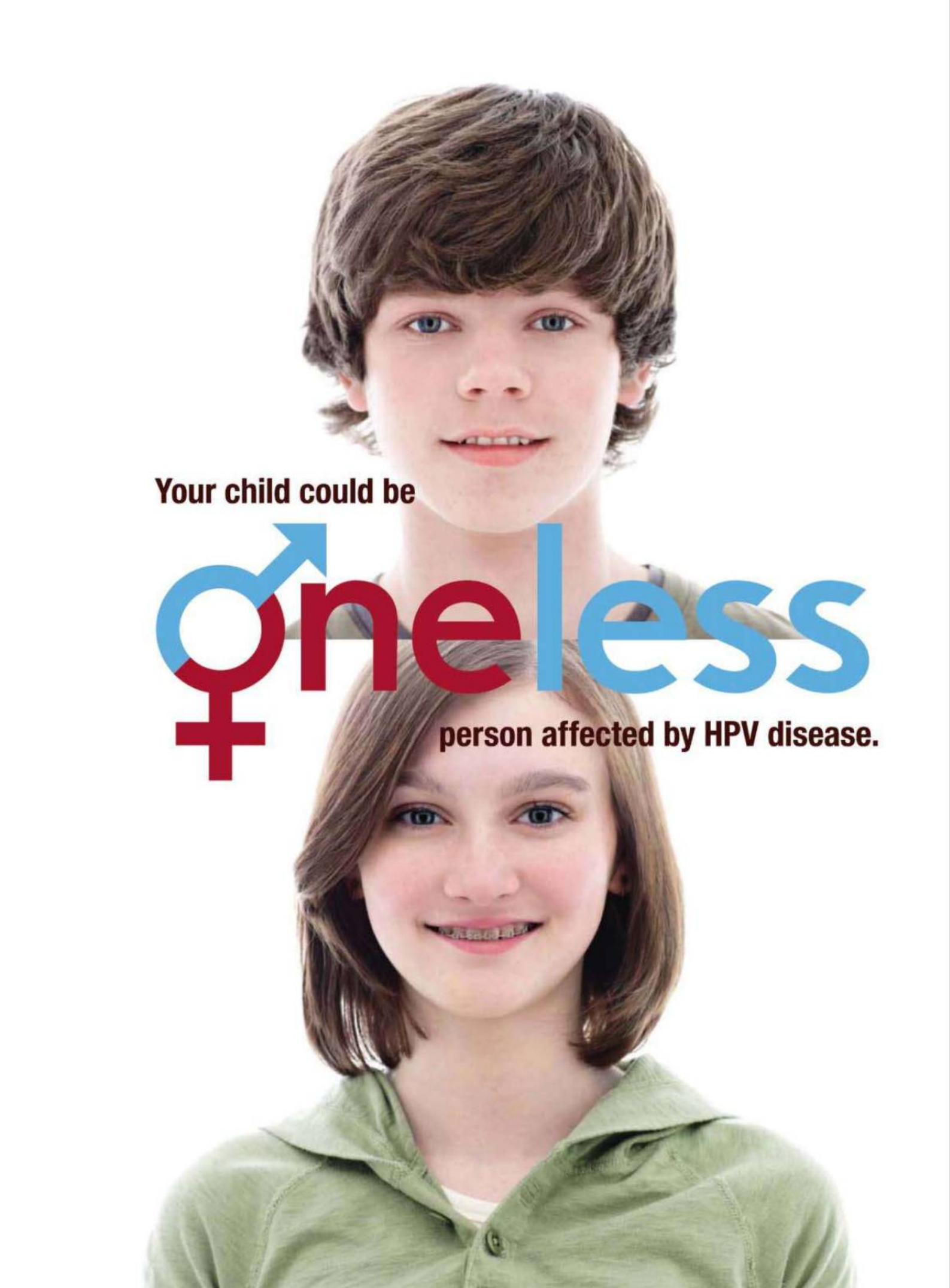
Your child could be
oneless
person affected by HPV disease.

Now you can help protect both your son & daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

GARDASIL®

[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

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USPPI
Patient Information about
GARDASIL® (pronounced "gard-Ah-sill")
Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.[1] You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?
You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?
Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

What are the possible side effects of GARDASIL?
The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

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"I want to see you live well"

The Biggest Loser's JILLIAN MICHAELS is no softie. She swears like a sailor. She'll scream until she's pushed you to your limit—and beyond. And yes, she knows exactly what you're thinking about her. But at the end of the day, all Jillian wants is to change your body and transform your life. And she will. *By Abby Ellin*

Under most circumstances, the Santa Monica garden where Jillian Michaels is striking pose after pose would be a delightful place to spend an afternoon. But not today. Today, it's 55 degrees with a fierce wind blowing. And for the past eight hours, Jillian has been prancing around—and shivering—in skimpy summery outfits designed to show off every muscle on her 5-foot-2½-inch frame. Her muscles are, after all, one of her trademarks, part of the reason America looks to her when they want to get fit. Even if Jillian, 36, insists that at the moment she's "not in shape," she looks as if she could arm wrestle Schwarzenegger—and win.

Despite the winterlike weather—this is California, after all—Jillian jokes with the crew and drops obscenities with disarming humor. "It's a foul habit," Michaels says happily. "But it's like—look, I barely drink alcohol, I never party. I swear. It's disgusting. I'm sorry. I'm working on it."

It's just this take-me-as-I-am attitude that has helped make Jillian one of the most popular women on TV today, not to mention a budding mogul. She's got books. And exercise DVDs. And nutritional supplements. There's a little TV phenomenon called *The Biggest Loser*, on which she's still playing drill-sergeant-with-a-heart-of-gold. And now she has her own show on NBC, *Losing It With Jillian*, where she moves in for a week with families to help them confront all of their issues, not just the ones related to weight.

"The new show is really about reclaiming your life," says Jillian, now taking a break from the cameras and snuggled in a robin's-egg-colored bathrobe. "Because when something is intrinsically off and when you right that internal wrong, things will fall into place." Her approach quickly won over the Mastropietros, the first family Jillian met on *Losing It*. "At first, we were like, 'What are we getting ourselves into?'" says Agnes, the family's mom. "But after our workout, she'd put her arms around us.... Jillian is so compassionate. We've invited her to my daughter's wedding, and she's coming; she'll be sitting at the head table!"

Jillian's philosophies are built on personal experience; she has spent her life trying to right her own internal wrongs. ▶

PHOTOGRAPHED BY JACK GUY

She's publicly shared the story about her parents' traumatic divorce when she was 12, her subsequent weight gain—she was 175 pounds at her heaviest—and how martial arts slimmed her down. At 17, after endless fights, her mother kicked her out and Jillian had to fend for herself. She eventually became a certified fitness trainer, and at 30 auditioned to be a trainer for a new TV show about obese people shedding pounds. That show, of course, was *The Biggest Loser*, where her brutal but loving honesty has inspired millions.

Jillian prides herself on that honesty. She's open about dating both men and women, for example, and about trying drugs as a teen ("I didn't like it; I don't like to be out of control"). No wonder she was so upset when comments she made earlier this year about not ever wanting to get pregnant caused a ruckus. (Jillian was quoted as saying that she couldn't handle "doing that to [her] body.") The full story is that Jillian suffers from polycystic ovary syndrome and endometriosis, both of which make conception and pregnancy difficult. "I make an effort to be so transparent—I say, 'Live in your truth, that's the way to happiness,'" Jillian says. But in this case, she held back, and regrets it: "I thought if I talked about my personal limitations, people would say, 'How healthy could she be?' This was my weakness and my bad," Jillian says now. "I learned a hard lesson about feeling ashamed: Just be real. I'm human."

As a teen, Jillian weighed 175.

"Being big as a kid was pure hell. I was terrorized. And karate saved my life."

And her fans wouldn't want her any other way. "Jillian will walk up and say things like, 'I love this butt!' even if you're 261 pounds," laughs Agnes. "She always knows how to make you feel good."

On *Losing It*, you move in with families for a week. Is that enough time to make a significant difference?

You can create awareness in a week. The hope is that you identify problems: "Here's what's wrong, here are the tools to fix it."

Where do you sleep? On the couch?

Couches, sometimes futons. Sometimes, when things are particularly heated with a family, I'll sleep in a trailer attached to the house. Day one, the families hate me. Day one is screaming and confrontation. Day one is *Biggest Loser* Jillian. Day two is a little bit of *Biggest Loser* Jillian, and Day three she pretty much disappears. But I have to—these families are like, "Oh, my God, this bitch is crazy!" No one knows what they're getting into.

What *do* they think they're getting into?

I think they presume it's a fitness show. And the next thing you know, I'm in your

JILLIAN'S 4 UNBREAKABLE WEIGHT-LOSS RULES

Whether you want to lose five pounds or 50, Jillian Michaels knows how to get it done. It doesn't take a hit TV show, a competition, or 24/7 personal training. You just need to follow these rules:

1 You must count calories. You've heard it before, but because too many people still don't know how many calories are packed into what they eat, this time-tested strategy is Jillian's number-one piece of advice. "Not counting calories is the biggest mistake people make," she says. "Use whatever medium you're on most frequently: the Web—the free site, caloriesperhour.com, is a great resource. Or use an iPhone app. Or carry a pocket calorie counter with you." Find a way.

2 You must avoid processed foods at all costs. "Processed foods are loaded with preservatives and chemicals—in other words, poison. The right quality food makes such a difference in how you feel. It'll give you strength, make you healthy. I always say, if it had a mother or came from the ground, that's a green-light food. A Cheeto or Ding Dong, don't eat it! If it says *high-fructose corn syrup* or *hydrogenated* anything or *artificial coloring or sweetener*, stay away!"

3 You must do five intense 30-minute workouts a week. "Thirty minutes is me being kind!" Jillian insists—and she'd rather you didn't break up those 30 minutes into shorter blocks (though, for our money, some exercise is better than none at all). "I would really like to see you do it in one shot. But make it fun. Go walking with friends; plan a family outing. And if it requires you to get up a little earlier, do it, for God's sake!"

4 You must inspire yourself. "You have to establish the why: Why do you want to change your life? What's inspiring and motivating you? A long life? To wear your skinny jeans to your 10-year high school reunion? That *why* is gonna carry you through."

PREVIOUS PAGE: HAIR: ENZO ANGILERI FOR CLOUTIER REMIX USING TRESEMME. MAKEUP: JOANNA SCHLIP FOR CLOUTIER REMIX USING RED CARAT KOLOUR. MANICURE: LORETTA HAMILTON. STYLIST: KEMAL + KARLA AT THE WALL GROUP. DRESS: VENA CAVA. NECKLACE: SONYA OOTEN. THIS PAGE: COURTESY OF SUBJECT.

marriage, I'm going to school with your kids. I'm, like, in the middle of everything, and it's just like, "What the hell, what's happening?" I'm lying with one eye open in the middle of the night, waiting for the mom to come in and put a knife through my heart. It's brutal. *It is brutal.*

What was the show's inspiration?
I love *The Biggest Loser*, I'm so grateful for *The Biggest Loser*, but I was antsy. I told executives at NBC, "I want to get out a bigger message. I love this, but there's more to me, there's more to what I do."

What's the biggest misconception people have about you?
That I'm a bitch. I really don't have a mean bone in my body! Do you know how easy it would be to tell people what they want to hear? It would be heaven! But, unfortunately, it doesn't get the job done.

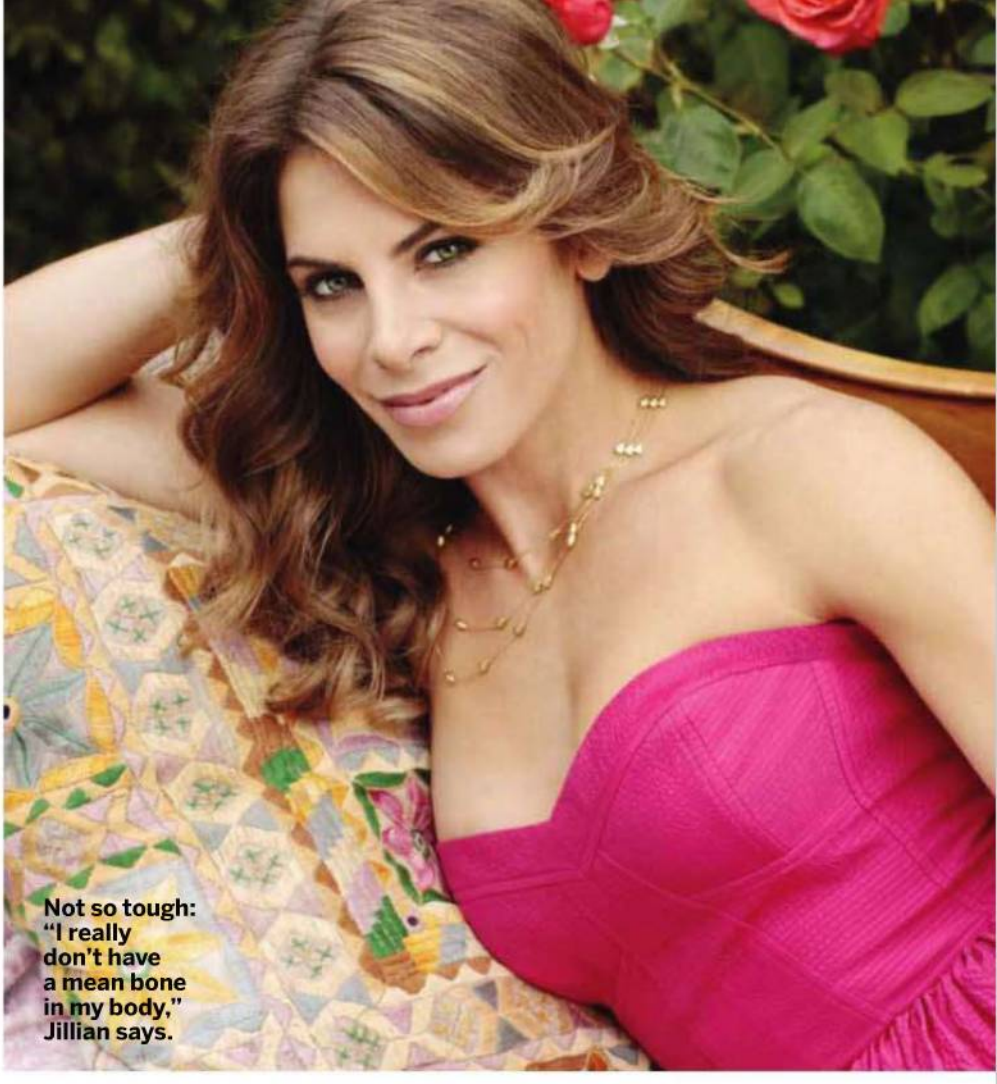
I've always felt that people crave structure in their lives, especially when it comes to weight loss. They really want someone to give them that.
Here's the bottom line: When people are being self-destructive, it's usually unconscious. And so I create confrontations, interventions, where they can become aware of unhealthy choices they're making and the reasons they're making them.

Let's talk about you and your weight struggles as a teen. How did that experience shape you?
Oh, my God, it was pure hell. I spent all of eighth grade in my classroom because God forbid I ever left. I was terrorized. And karate saved my life. It all stopped the day I broke two boards with a kick.

Have you gone back to any of your school reunions?
Not a one.

Isn't there a part of you that's like, "Ha ha! Look at me now!"?
Oh, sure. Honestly, that's why I'm always with the underdog, because I'm always avenging that underdog part of myself.

You've helped so many transform. What do you want to change in your life?
Hmm. How much time do you have? I'm impatient. I'm demanding. I'm neurotic.



Not so tough: "I really don't have a mean bone in my body," Jillian says.

I'm high-stress. High-anxiety. Perfectionist to the point of impossibility. Nothing's ever good enough. I'm never happy.

Do you compare yourself to others?
No. But I'll look at other people and I'll see where they were and what they've done, and I'll use it as a source of inspiration. I'm reading this book on Oprah, and I'm like, *Okay, by this age she was here, and I need to do da da da*. I study people I admire to see what they did right, what they did wrong, what I can learn from.

You say you started therapy when you were 5. That's pretty young.
I was a really disturbed kid. You know how kids have night terrors? Mine were really bad. I thought sharks were coming out of the drain in the bathtub. I couldn't sleep at night, every night, waiting for aliens to come. I'm not kidding you: I. Was. Traumatized. And Mom got me into therapy.

You also had a rocky period as a teen.
My parents got divorced when I was 12. They were married for 18 years. They were kind of midlife-crisis-ing, and I was sort of the afterthought. I became pretty angry—no one wanted to deal with me—so when I was 17, my mom was like, "You're not living here." We were fighting. But I learned a lot being on my own. I grew up. I had to make money. I learned how to make decisions that are right for me.

What would you like to be known for?
I'd just like to be known as a friend to people. Somebody who wants to see the world do better. Somebody who wants to see people live well. I really don't give a [*bleep*] about anything else.

What's your ultimate goal?
Ha. I could never answer that without looking like a total monster. Okay, [*bleep*] it: I would like to win a Nobel Prize. In a perfect world I'd like to get to that place where I walk away from everything. And then I can be pure Bill Gates. Cure smallpox. I want to turn around and be like, "I cured smallpox. How about those apples?" You know what I mean? Or, like, "I reversed global warming. How 'bout that?" **R**

DRESS: REBECCA TAYLOR. NECKLACE: CARLA AMORIM.

Layer it up—a **breezy blouse** anchors a luxurious stack of **embellished necklaces and wraps.**

Blouse, For Joseph, $96. Penn Satin Chain scarf, Sir Alistair Rai, $168. Beaded sash, White House Black Market, $54. Hematite necklace with matte gold discs, Marlyn Schiff, $48.

Liberate your legs in a pair of this season's **short-shorts**—then leave something to the imagination with a semi-sheer **tunic top**.

On her: Lace tunic, Nicole by Nicole Miller for JCPenney, $30. Sunshine Vintage bikini top, YumNY Swimwear, $118. Blanc slash pocket shorts, White House Black Market, $58. Lei necklace, Song Valerie Gregori McKenzie, $45. On him: Crew neck tee, Hanes, $13 for 3. Boardshorts, Converse One Star for Target, $20.

White hot American summer

It keeps you cool, flatters everyone, and looks just as sexy as black (without trying so hard). So here's your new summer rule: Wear white!

A **statement necklace** adds pop to a simple **eyelet dress**; a leather **belt** wraps it into an outfit.

On her: Eyelet shift dress, Lands' End Canvas, $130. Julie sandals, Bakers, $60. Beaded statement necklace, ZAD, $60. Tres Rios belt, Ariat International, $50. On him: Stinson chambray shirt, Loomstate, $145. Lands' End Canvas cargo shorts, $40. Sandals, model's own.

Photographed by Troy Word Fashion Editor: Audrey Slater

HAIR AND MAKEUP: AMENEH KANANI AT FORD ARTISTS FOR RENE FURTERER. PHOTOGRAPHED AT THE MOORINGS VILLAGE, ISLAMORADA, THE FLORIDA KEYS.

Sand? Check. **Sundress**? Check. If only every day were this relaxed.

Crochet strap dress, Vintage Havana, $54. Travelers necklace, Curations with Stefani Greenfield, $70.

Your new just-hanging-out clothes: cotton **cargos** and an open-knit **cardigan**.

Dusty Sky Granola hoodie, Rebecca Taylor, $395. Racerback henley tank, Aerie, $20. Bandeau top, Top Secret, $50. Palazzo pants, Song Valerie Gregori McKenzie, $68. Best Bag of Beads necklaces, Curations with Stefani Greenfield, $90 each.

Give your plain **button-down** a dose of night-out sex appeal with a **studded skirt**.

On her: Button-down shirt, Vintage Havana, $72. Leather sequin-and-stud skirt, White House Black Market, $158. Rock crystal cluster pendant necklace, Ann Taylor, $48. Western Pyramid belt, Ariat International, $42. Multichain bracelet, Lulu's, $14. Becca clutch, Cleobella, $242. Goldtone dome ring with topaz crystals, Marlyn Schiff, $32. On him: Paper Touch poplin shirt, French Connection, $78. Jeans and belt, model's own.

Daring doesn't always mean baring. A white **one-piece** feels elegant and frisky, all at once.

Ruffle halter swimdress, Kenneth Cole Reaction Swimwear, $94. Best of the Braid wedges, Avon, $35. Sphere Circus necklace, Twinkle by Wenlan, $97.

A **tailored blazer** cuts loose with your favorite **jeans** and a **floaty top**. Accessorize boldly—add a cool **necklace** and your hot guy.

On her: Boyfriend blazer, Loft, $98. Colorblock silk tank, Maiya, $160. Serena skinny jeans, Mavi, $88. Higgins pendant, Trina Turk, $258. Leather screw bracelets, CC Skye, $95 each. Skinny studded cuff, Matt Bernson, $25. On him: Jersey polo, Lands' End Canvas, $25. Low-rise straight jeans, Old Navy, $35.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

FAMILIES DEPLOYED TOGETHER:

"WE DRAW ON EACH OTHER'S STRENGTH"

When husbands and wives, brothers and sisters, mothers and daughters serve together, they fight for country *and* family. Read these stories of patriotism and love, and you'll be even prouder of our troops' sacrifices. By Denise Dowling

In 2006 the Army began to allow married military couples like Cameron and Chelsea Adams (opposite page), who served together in Iraq, to live and sleep together on base. Frank and Kathy Turner (left) chose to do that. "I would have gone crazy by myself," Kathy says.

LEAVING THE KIDS BEHIND

MAJORS KATHY, 36, AND FRANK TURNER, 38, FORT LEWIS, WA; CHILDREN: GRACE, 9, AND ABBY, 6

Kathy and Frank Turner first met 14 years ago during training at Fort Rucker, AL. He'd graduated from West Point, and they were both lieutenants going through training. The two bonded instantly over a love of their country—and pretty soon they fell in love with each other, too. They were married two years later.

In 2004, Frank deployed to Afghanistan for a year, leaving Kathy home with their two daughters, then only 6 months and 3 years old. In 2009, when Frank and Kathy deployed, they decided to serve together to ease their separation as a family. "If we deployed one at a time, it would be a never-ending cycle of the girls having one parent," Kathy says. So she and Frank requested a reassignment that resulted in dual deployment in Iraq. Frank was to leave in January 2009; Kathy would follow behind in March. The girls would live with Frank's parents, Karen and Frank Sr., in Florida for the year. "At 8 and 5, they were young enough that uprooting them from their home in Washington to stay with their grandparents didn't seem too disruptive," Kathy explains. She knew it would be hard to leave the girls, she says, "but I also knew that if I could see Frank every day, we'd draw on each other's strength, which would make it easier to be away from our kids."

STAYING CLOSE, 7,000 MILES APART

Though the decision to serve together was a clear one, Kathy says she debated whether she and Frank should live in the same housing unit. "I didn't want to be selfish," she says. "If we lived together and our unit was attacked, my kids could end up as orphans." In the end, the couple opted to bunk together because they were stationed in a green zone [of relative safety]. Kathy, a public affairs planner, and Frank, then a maneuver planner and mission analyst, also worked in the same building. The girls seemed to take comfort in knowing their parents were looking out for each other, Kathy says. "They'd ask me, 'Did you see Dad today?' And I could tell them we'd eaten together at the Chow Hall."

"If our unit was attacked, our kids could be orphans."
—Kathy Turner

Kathy and Frank stayed as involved as they could in their daughters' lives. In addition to phone calls, they watched a video of Grace singing in a talent show and Skyped with her and her classmates a couple of times, answering questions about the food and animals in Iraq. ▶

OPPOSITE PAGE: AP PHOTO/MAYA ALLERUZZO. THIS PAGE: COURTESY OF SUBJECT (2).

But when Kathy missed the girls' birthdays and other milestones, the gulf of 7,000 miles widened: "It upset me that I wasn't there for Abby's first day of kindergarten and that I only found out she'd lost a tooth through Skype," she says. In those low moments, she leaned on Frank. "It was good to have my husband here because he's very calming. I would have gone crazy by myself, realizing all the little things I was missing."

PROUD TO SERVE, HAPPY TO GO HOME

Back in the States, after hearing a particularly blunt television report, Abby announced to her grandparents: "If you go to Iraq, you're going to die." When Karen heard this, her heart broke a little, but she reassured her granddaughter: "I told her that it wasn't true, and that her parents were stationed in a safe area." After that, the grandparents put Grace and Abby on a no-news diet.

Frank returned home before Kathy did; on her flight home she was excited but apprehensive. "The girls were so much taller and had transformed from little girls to young ladies," she remembers. "Their likes and dislikes had changed, and in a way I've had to get to know them all over again." But Kathy insists she wouldn't trade a day of her deployment. "I feel proud knowing that Frank and I are helping to make Iraq a better place," she says. "It's gratifying to witness the violence diminish and to watch a democracy mature. We're serving a cause greater than ourselves and teaching our kids what it means to be a good citizen."

MOTHERING HER SOLDIER DAUGHTERS OVERSEAS

"At the end of a day of mortar attacks and close calls in Iraq, I can make sure my babies each have 10 fingers and 10 toes."
—Marcia Reid

RESERVE SERGEANT MARCIA REID, 49, WASHINGTON, DC (CENTER); NATIONAL GUARD SPECIALISTS CHANDRA, 22 (LEFT), AND LASHAWN MILLER, 21 (RIGHT), LANDOVER, MD

COURTESY OF SUBJECT (2).

Marcia Reid served as a Marine for eight years; she got out when her older daughters, Nikita and Qualynn, were 7 and 1, and before younger daughters Chandra and LaShawn were born. But by 2005, all the girls were grown up, and Marcia was missing the camaraderie of the military. So she quit her job in customer service and printing operations and reenlisted. She never expected Chandra and LaShawn would enlist in the National Guard a year later—and that three years after that, the three of them would end up deployed to Iraq for the first time.

When Marcia learned her two "babies," Chandra and LaShawn, would deploy in May 2009, she

immediately requested a transfer to their unit. "If they were going to get hurt, I wanted to be with them," she says. Although Marcia's individual transfer request was denied, her unit ended up volunteering to serve alongside her daughters' unit, which was short of troops.

The sisters, meanwhile, groaned at the thought of serving side by side with their mom. "I thought it would be awkward," LaShawn says. "When you're hanging out with your friends and your mom shows up, the party's over." Chandra even sarcastically suggested that Marcia stay home and bake cookies for her grandkids. But Marcia didn't take offense: She believed that her daughters' feelings ran deeper than irritation about having a chaperone. "Their real fear was that if they lost me, they wouldn't have a mother," Marcia says. "I told them, 'Don't worry—if I go, I'm coming back.'"

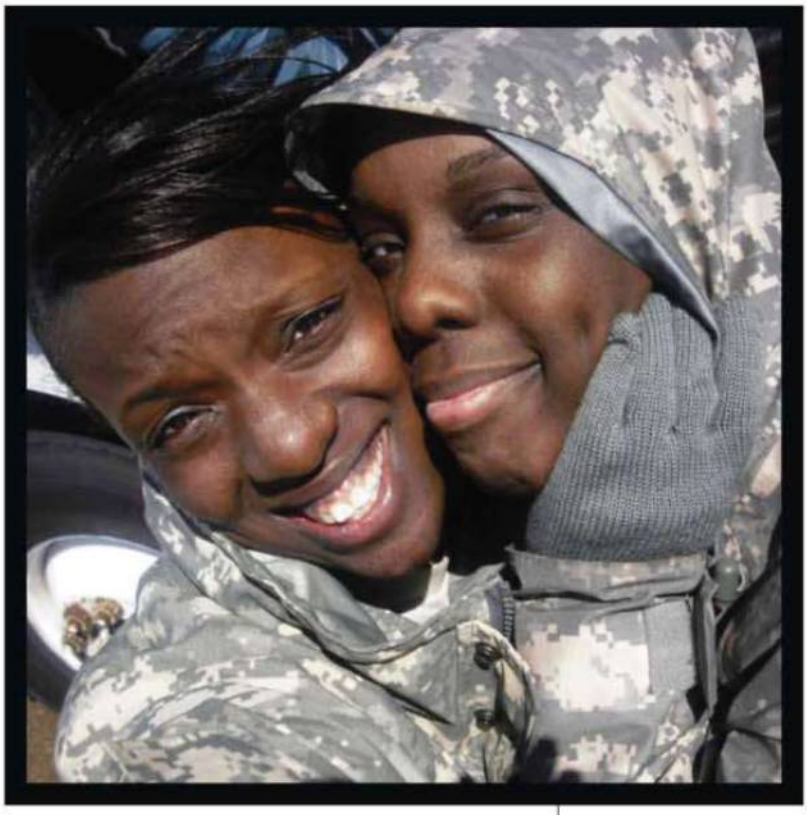
LEANING ON MOM FOR SUPPORT

Once the women landed in Iraq, LaShawn admits, she was relieved to have Mom around. She and Marcia, both convoy escorts for base personnel, lived in the same housing unit at Balad Air Base, and when a thunderstorm was brewing, LaShawn would run to her mother's bed for comfort. LaShawn also relied on Marcia on the tougher days, like when she was on duty at the Air Force hospital and watched as injured Iraqis were admitted for fire and gunshot wounds. "Seeing your first death, especially if it's a kid, is hard for anyone," Marcia says. "And LaShawn is really sensitive. I tried to console her, but I would also say, 'You're going to have to be strong, because it may not get easier.'"

Chandra, who tracked vehicles for a tactical operations system, lived in a separate housing unit two miles away. On the days she missed home, she'd take walks with Marcia. "Usually it's hard to confide in higher-ranked soldiers because their position requires them to watch what they say," says Chandra, who especially appreciated the moments when Marcia would rub her back and assure her they'd all be home soon. "But having Mom around meant the security of always having someone to talk to."

WATCHING OUT FOR HER GIRLS

Sometimes, however, it was Marcia who needed comforting. During the frequent mortar attacks, she says, her first thought was of her daughters. "I'd want to get straight to my girls, but I had to report to my bunker," she says. "I'd think, *Did they get to their bunkers? Did their area get hit?* I was on edge until I knew they were safe." Because they reported to the same unit, Marcia could see that LaShawn was secure immediately after the alarms sounded, but they wouldn't always know that Chandra was okay until a few hours had passed.



LaShawn (left) leaned on her sister Chandra during tough times in Iraq—and now at home, too.

In time, Marcia became a surrogate parent to other soldiers, making herself available for advice, hugs, and even shopping excursions to the base department store. LaShawn says she bristled a few times when friends said, "That's my Mama Reid." "'I'd tell them, 'No, she's *my* mama!'" Other times, LaShawn wasn't so quick to claim Marcia as her mother. "LaShawn says guys won't talk to her because they're afraid of me," Marcia laughs. "They know if they hurt her feelings, Mama Reid is gonna get them!"

NO CHANCE FOR FAREWELL

In March 2010, when Chandra and LaShawn's tour of duty ended, Marcia was on leave back in Maryland. They'd hoped to fly home and see her there before she went back to Iraq, but their flight was delayed, and they missed their mom by mere hours. "It was tough not to have an official goodbye," LaShawn says. Marcia is scheduled to return home in October.

Meanwhile, back in Maryland, the daughters log on to their instant-message and Skype accounts daily at 4:30 p.m., when Marcia gets off work. "I feel like a piece of me is missing with Mom still in Iraq," LaShawn says. Adds Chandra, "I'm always thinking about what she might be doing. I worry about her every day." ▶

Katie wasn't the only soldier who relied on her brother's military skills and experience—Chris was honored for his excellent performance.

SIBLING SOLDIERS

TECHNICAL SERGEANT KATIE DIVYAK, 26, ROCHESTER, MN; CAPTAIN CHRISTOPHER DIVYAK, 30, HIXTON, WI

A year after graduating high school, Katie Divyak followed in her big brother's boots and joined the Air National Guard. She even joined his unit. Like her brother, Chris, she wanted to widen her horizons and make money for college—and the prospect of having Chris at her side during training and deployment only sweetened the deal.

The siblings deployed to Afghanistan in 2006 to work in the air control squadron. No sooner had they arrived at Camp Palomino when Katie experienced her first mortar attack. "I hadn't even unpacked my 'battle rattle,' including the flak vest and Kevlar helmet troops are supposed to carry at all times," she says. During a tour of the Chow Hall, she heard the fireworks of a blast. "The soldiers eating were calm because they'd been there for months," Katie says. "But I was freaking out, thinking, *Oh, my God, what am I doing here?* I didn't say anything because I didn't want to seem like a scaredy-cat."

Luckily, with Chris taking cover under the tables alongside her, Katie felt reassured. "I never worry about sounding or acting like an idiot when my brother's there," she says. Because Chris had friends in the military who filled him in on the raids that occurred during their tours of duty, he was better prepared for the attack, and he assured his sister they were not in serious danger—and that the base's 8,000 troops were always looking out for one another.

"We kept each other's spirits up in a stressful environment of working 15-hour days, seven days a week, with no breaks."
—Katie Divyak

COURTESY OF SUBJECT (2).

A WORKING RELATIONSHIP

As an enlisted officer and crew commander, Chris supervised his sister. Both worked on the ground: Chris was a weapons director radioing fighter planes when an area was under attack, while Katie, an air surveillance technician, identified aircraft on the screen and notified a supervisor if it was an enemy plane. "You're on the edge of your seat the whole time, monitoring some 900 aircraft," she says. "And because we were so comfortable, Chris and I would sometimes take our frustrations out on each other." But the two also kept each other in check: Says Katie, "Chris was in a leadership role, so if he was horsing around or had too much to drink at a party, I could say, 'Hey, Captain, you're acting like a jackass!'"

BONDING OVER A SHARED PAST

To boost their spirits, the siblings often reminisced about life in Wisconsin. "It was a stressful environment of working 15-hour days, seven days a week, with no breaks," Katie says. "So it was easier to smile about something that happened at home than get mad about the present." They agreed ahead of time what to tell their parents and what to keep from them—like middle-of-the-night mortar attacks just 50 feet from Katie's bunk. Their parents never guessed. "When Chris and Katie returned, we learned that it was a lot more dangerous than they had portrayed," says their mother, Natalie. "It gave us comfort to know that Chris was with Katie. I was relieved they had each other."

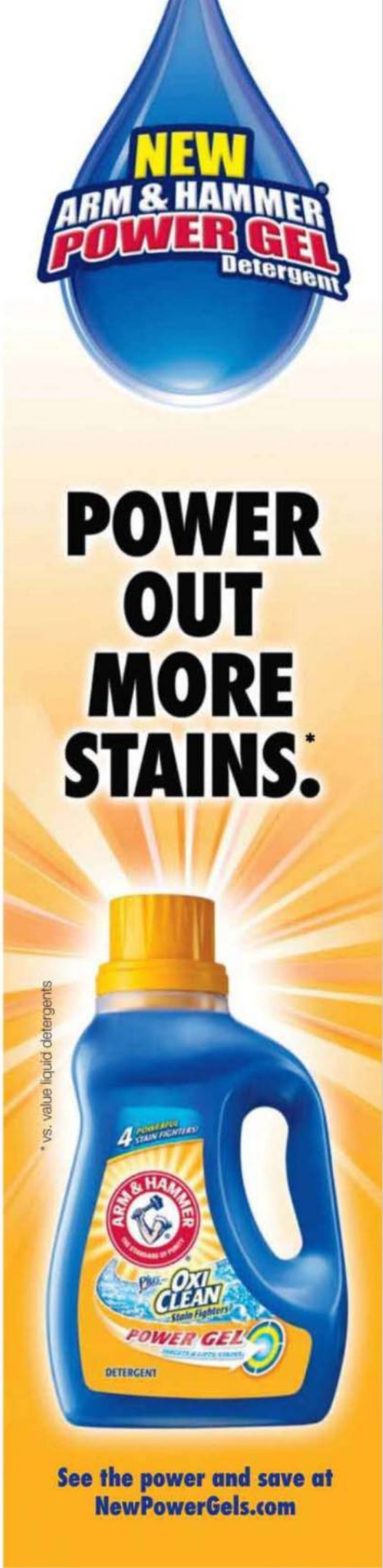
Soon after returning home from Afghanistan in 2007, Katie returned to college. "People welcomed me back and asked how the deployment was, but then they'd zone out during my answer," she says, which made her feel disconnected. So Katie turned to Chris. "I told her it would take time to readjust," Chris says. "We'd been going 100 miles per hour and then returned to quiet lives. I suggested that Katie get involved at school so she wouldn't feel bored or get depressed."

Katie has worked through the difficulties she and Chris faced during deployment, but she still remembers one with a laugh: On the siblings' base, people would take one glance at their name tags and assume they were married. "No, that's my brother!" Katie would clarify. "Tell all your friends I'm single!" R

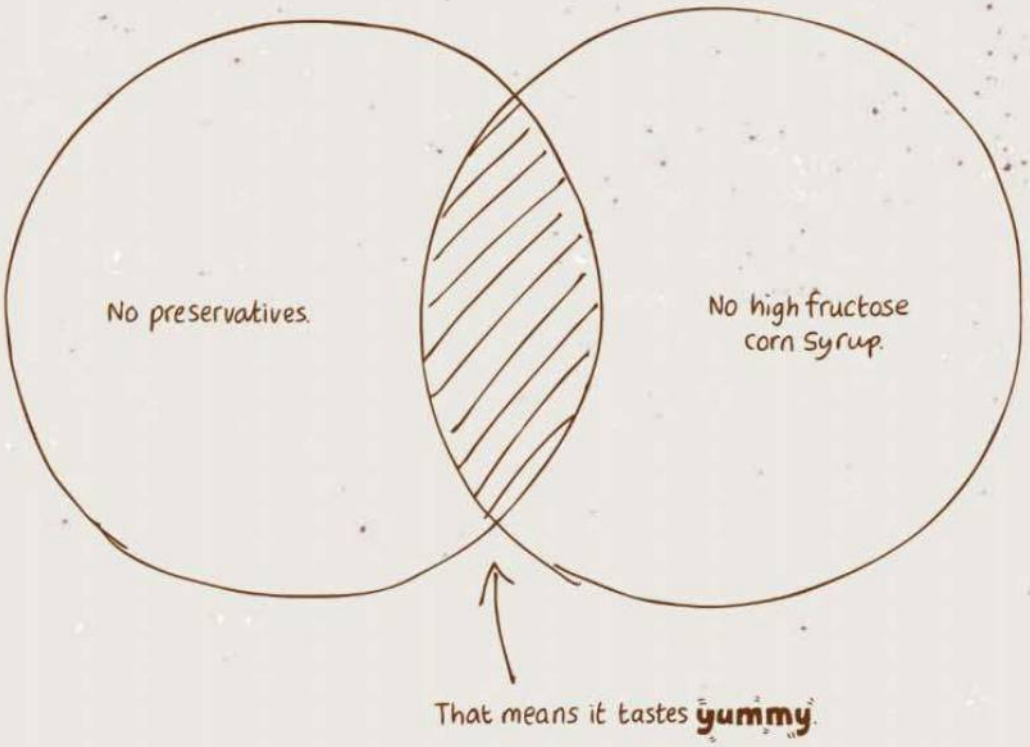
HELP FOR THOSE AT HOME

If a military deployment is keeping you an ocean apart from a loved one, turn to these resources for support for you and your family.

- **YELLOW RIBBON AMERICA** is a grassroots endeavor for communities to support military members and their families. Local businesses, residents, churches, and organizations offer resources like discounted medical care, home-repair services, and emergency vehicle repair. For more info: yellowribbonamerica.org.
- **FAMILY READINESS GROUPS,** a command-sponsored service provided for each unit, facilitate social events and educational programs on everything from military benefits to stress management for deployed soldiers and their families. For more info: armyfrg.org.
- **STRATEGIC OUTREACH TO FAMILIES OF ALL RESERVISTS (SOFAR)** is a pro-bono mental-health project that provides free psychological support and prevention services to extended family of reserve and National Guard members deployed to Iraq, Afghanistan, and Kuwait. For more info: sofarusa.org.



A simple diagram *for* tasty tea.



Diagrams show things. And as this one demonstrates, our teas taste really great.
That's because no preservatives or high fructose corn syrup means Swiss Premium Teas are naturally tasty.

Refreshingly Simple.

www.swiss-tea.com

Home ideas, quick recipes, easy entertaining & more

Living

Get your grill on!

We expect a lot from our grills this time of year: char-broiling ribs for Memorial Day, barbecuing chicken and fresh corn for a family weeknight meal. So why not treat your hardworking gas or charcoal grill to some TLC? The pros at girlsatthegrill.com gave us these pointers.

- Deep-clean your grate at the start of the season: Fill a sink or bin with warm water and dish-washing liquid and let the grate soak for at least two hours. After soaking, scrub the grate with a stiff wire brush, rinse it, and let dry.
- When you're done cooking your food, close the lid and keep the grill burning for 10 minutes so any leftover pieces of food can burn off.
- Once the grill cools off, use a brass-bristle brush to remove residue from the grate. (A crumpled wad of aluminum foil will also do the trick.)
- To remove rust stains, brush vegetable oil on cooking grates, then brush clean.
- If you've got a charcoal grill, be sure to dispose of the ashes after each use.

Instant-camera gratification

After a two-year absence, the Polaroid is back by popular demand: So many fans missed the cult favorite that the company has introduced the 300 model. It comes in red, blue, and black and has four new preset modes (including settings for cloudy skies and clear days). The prints are smaller now (about the size of a business card), which means they'll fit perfectly in your wallet. Polaroid 300 instant camera, $90, 10-pack of film, $10; both target.com.

Cool coasters

These bright tangerine coasters, imprinted with four vintage carnival scenes, are the perfect combination of function and flair. A stack or two make for a whimsical and memorable hostess gift. Carnival coasters, $4 for 12; fishseddy.com.

Yummy new dessert ideas

Move over, lemon and raspberry. Sorbet flavors have gotten much more exotic, even at your corner grocery, so indulging in the newest flavors is like a mini vacation. Here are some REDBOOK staff favorites:

Prickly pear, Ciao Bella
Its fuchsia hue and cactus flavor transport us straight to the Southwest. **Tip:** Blend with ice and tequila for a delicious margarita! $5, wholefoods.com.

Passion fruit, Sharon's Sorbet
This tropical frozen treat packs some major passion fruit-flavor—sweetly tart and intense. $4.50, sharons-sorbet.com.

Mimosa, Wine Cellar Sorbet
An adults-only treat (it has up to 0.5 percent alcohol) that tastes just like frozen champagne and OJ. Cheers! $6, winecellarsorbet.com.

Blood orange, Talenti Sorbetto
The tangy, deep orange flavor of this sorbetto makes eating just a bite feel like a trip to Tuscany. $5, talentigelato.com.

CLOCKWISE FROM TOP RIGHT: HILDY PEREZ, PHOTOGRAPHED BY LARA ROBBY/STUDIO D (2). COURTESY OF MANUFACTURERS (4). IMAGE SOURCE/GETTY IMAGES.

Rick Rohr of Darien, CT, was a finalist in the 2007 Alternative Burger category with this buffalo burger.

BURGERS THAT WILL CHANGE YOUR LIFE!

Why? Because they beat out thousands of other recipes entered into the annual Sutter Home Winery Build a Better Burger contest. Heck, one of them snagged the $50,000 grand prize! Try them, amaze your family with them, then create your own burger masterpiece.

By James McNair and Jeffrey Starr Photographed by Jonny Valiant

Home-on-the-range buffalo burgers

Prep time: 15 minutes Cooking time: 10 minutes Makes 6 servings

MAYONNAISE
- ¾ cup mayonnaise
- ¼ cup sour cream
- ½ minced fresh flat-leaf parsley
- ⅓ cup chopped fresh chives
- 2 tsp fresh tarragon
- 2 tsp minced garlic
- 2 tsp chopped anchovy filets

BURGERS
- 1½ lb ground buffalo
- ½ lb ground beef chuck
- ¼ cup thick-and-creamy horseradish sauce
- ½ cup grated red onion
- 1½ tsp salt
- 6 oz Huntsman cheese (Stilton layered with double Gloucester), cut into 6 equal slices
- 6 cracked-wheat hamburger buns, split
- 6 Tbsp honey mustard
- 1½ cups coarsely chopped European-style salad mix

1. Prepare a medium-hot fire in a charcoal grill with a cover, or heat a gas grill to medium high.
2. **Mayo:** Combine all the mayonnaise ingredients in a food processor and pulse about 10 times to blend. Transfer to a small bowl, cover, and refrigerate until assembling burgers.
3. **Burgers:** Combine buffalo, beef, horseradish, onion, and salt in a large bowl. Handling the meat as little as possible to avoid compacting it, mix well. Form mixture into 6 equal patties to fit the buns.
4. Brush the grill rack with vegetable oil. Place patties on the rack, cover, and cook, turning until done to medium, about 5 minutes per side. During the last few minutes of cooking, place cheese slices on patties to melt, and place buns cut side down on the outer edges of the rack to toast lightly.
5. **To assemble:** Spread mustard over bun bottoms, place salad mix, then burgers. Spread mayonnaise on top buns, then place on burgers and serve.

Turn the page for more yummy burger recipes.

Sweet-and-spicy red fez burgers

Prep time: 30 minutes Cooking time: 10 minutes Makes 6 servings

ROLLS
- 6 Kaiser rolls, split
- Red food coloring

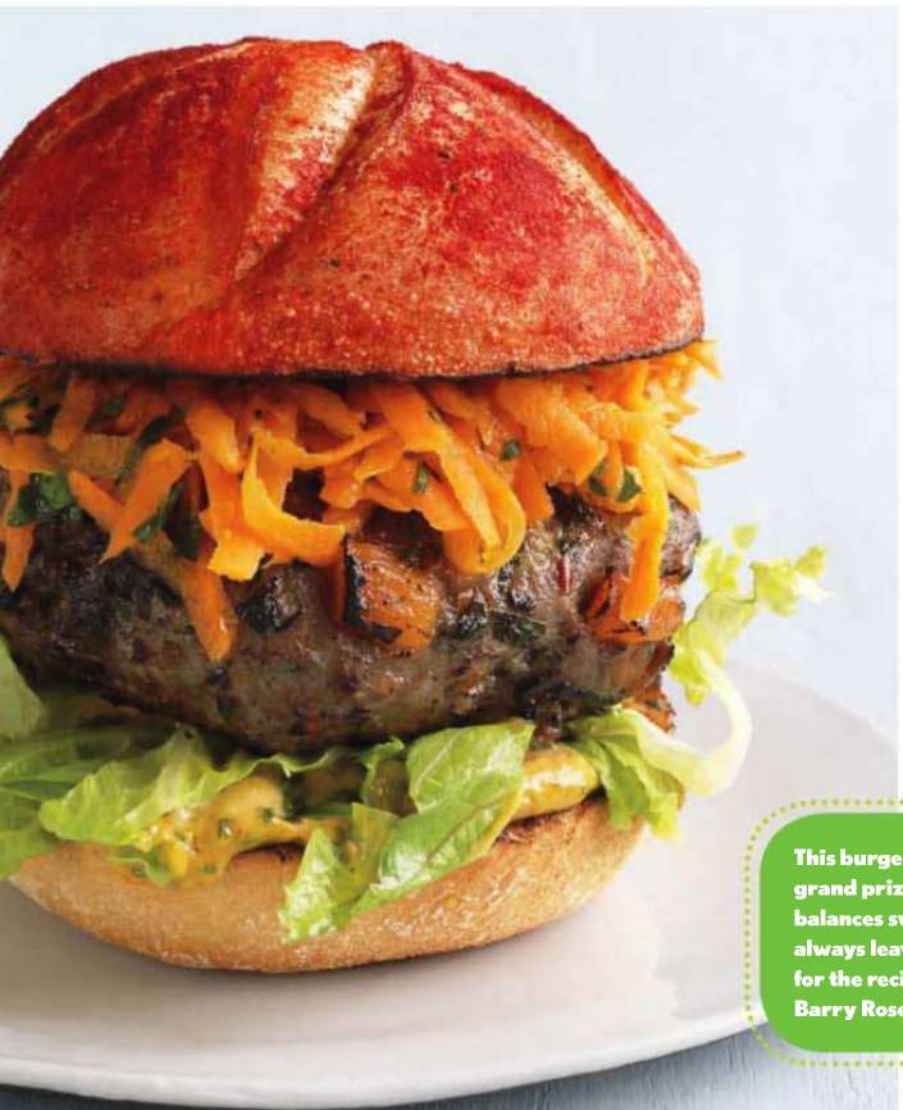
MAYONNAISE
- ½ cup chopped fresh cilantro
- 4 cloves garlic, crushed
- 2 Tbsp fresh lemon juice
- 1 tsp *each* ground cumin, paprika, kosher salt, and harissa
- 6 Tbsp olive oil
- 1 cup mayonnaise

CARROT SALAD
- 3 Tbsp fresh lemon juice
- 2 tsp minced garlic
- 1 tsp *each* ground cumin and kosher salt
- ½ tsp paprika
- ¼ tsp *each* ground cinnamon and crushed red-pepper flakes
- 2 Tbsp olive oil
- 1 Tbsp chopped flat-leaf parsley
- 1 tsp honey
- 1 lb carrots, peeled, grated

BURGERS
- 1½ lb ground chuck
- ½ lb merguez sausage,* casings removed
- 2 oz *each* dried apricots and pitted dried dates, diced
- 3 Tbsp *each* chopped fresh cilantro and mint
- 2 tsp *each* harissa and kosher salt
- 1 tsp ground cinnamon
- 1½ tsp ground cumin
- ½ tsp freshly ground pepper
- Romaine lettuce, for garnish

1. Prepare a medium-hot fire in a charcoal grill with a cover, or heat a gas grill to medium high.
2. **Rolls:** Brush the tops of the rolls with food coloring and let dry completely on paper towels.
3. **Mayo:** Combine all mayonnaise ingredients except mayonnaise in a food processor and process until well blended. Transfer to a bowl and stir in mayonnaise. Cover and refrigerate until assembling burgers.
4. **Carrot salad:** In a bowl, combine lemon juice, garlic, cumin, salt, paprika, cinnamon, and red-pepper flakes, mixing well to combine. Add remaining salad ingredients and mix well. Cover and refrigerate until assembling burgers.
5. **Burgers:** Combine all burger ingredients in a large bowl, handling the meat as little as possible to avoid compacting it. Form mixture into 6 equal patties to fit the rolls.
6. Brush grill rack with vegetable oil. Place patties on rack, cover, and cook, turning once, about 5 minutes per side for medium. During the last few minutes of cooking, place rolls cut side down on the outer edges of the rack to toast lightly.
7. **To assemble:** Drain carrot salad and squeeze out excess moisture. Spread a generous amount of mayonnaise on the cut sides of the rolls. On each roll bottom, place shredded romaine, burger, and some carrot salad. Add roll tops and serve.

**If you can't find merguez sausage, substitute ½ lb ground lamb, increase the cilantro to ¼ cup, and add 1 tsp minced garlic and ¼ tsp each ground fennel, ground coriander, and cayenne to the patty mixture.*



This burger won the $50,000 grand prize in 2005. It "perfectly balances sweet and spicy and always leaves my guests asking for the recipe," says creator Barry Rosenstein of Elmhurst, IL.

FOOD STYLIST: FRANK P. MELODIA. PROP STYLIST: PAM MORRIS.

Jay Kakuk of Plymouth, MN, created this take on the famed Hollywood Brown Derby's cobb salad to become a 2003 finalist.

Cobb sliders

Prep time: 20 minutes Cooking time: 10 minutes Makes 6 servings

SALAD

- 1½ tsp olive oil
- 1 tsp *each* fresh lemon juice, white wine vinegar
- ½ tsp *each* Worcestershire sauce, Dijon mustard, and minced garlic
- ¼ tsp lemon-pepper seasoning
- Kosher or coarse sea salt
- ½ cup *each* finely shredded iceberg lettuce, diced Hass avocado, and diced tomato
- 2 slices cooked bacon, crumbled
- 1½ tsp minced fresh chives or scallions (green tops)

BURGERS

- 1 lb ground chicken
- ½ cup (about 2 oz) crumbled blue cheese
- 4 sliced cooked bacon, chopped
- ½ tsp chicken seasoning blend
- 6 slider buns or dinner rolls

1. Prepare a medium-hot fire in a charcoal grill with a cover, or heat a gas grill to medium high.
2. **Salad:** Whisk oil, lemon juice, vinegar, Worcestershire sauce, mustard, garlic, lemon-pepper seasoning, and salt to taste in a medium bowl until well blended. Add lettuce, avocado, tomato, bacon, and chives, tossing gently to combine.
3. **Burgers:** Combine all burger ingredients in a large bowl. Handling the ingredients as little as possible to avoid compacting it, mix well. Form mixture into 6 equal patties to fit the rolls.
4. Brush grill rack with vegetable oil. Place patties on rack, cover, and cook, turning once, 4 to 5 minutes per side or just until juices run clear when patties are pierced in the center and are completely cooked through. During the last few minutes of cooking, place rolls cut side down on the outer edges of the rack to toast lightly.
5. **To assemble:** Place a burger on each roll bottom, then top with some of the salad. Add roll tops and serve.

Burgers Indochine

Prep time: 15 minutes
Cooking time: 10 minutes
Makes 6 servings

MAYONNAISE

- ¾ cup mayonnaise
- ¼ cup *each* finely chopped fresh Thai basil, cilantro, and scallions (including green tops)
- 2 Tbsp fresh lime juice

BURGERS

- ¼ Vietnamese fish sauce
- 4 tsp palm sugar or light-brown sugar
- 1 tsp sriracha or other Asian chili sauce
- 2 lb ground pork
- ¼ cup chunky peanut butter
- 2 tsp *each* grated fresh ginger and minced garlic
- ½ tsp ground star anise
- 6 rectangular French sandwich rolls (about 5 to 6 inches)
- 6 butter-lettuce leaves

1. Prepare a medium-hot fire in a charcoal grill with a cover, or heat a gas grill to medium high.
2. **Mayo:** Combine all mayo ingredients in a bowl. Cover and refrigerate until assembling burgers.
3. **Burgers:** Place fish sauce, sugar, and chili sauce in a large bowl; mix well. Add pork, peanut butter, ginger, garlic, and star anise. Handling the meat as little as possible to avoid compacting it, mix well. Form mixture into 6 equal oblong patties to fit the rolls.
4. Brush grill rack with vegetable oil. Place patties on rack, cover, and cook, turning once, about 5 minutes per side, until cooked through and an instant-read thermometer registers 155°F.
5. **To assemble:** Spread roll bottoms with a thin layer of mayonnaise. Place a lettuce leaf, then a burger, and a generous dollop of mayonnaise on each. Add roll tops and serve.

This burger, created by Ellie Mathews from Port Townsend, WA, is a riff on Vietnamese *báhn mí* sandwiches. It won the 2005 Best Alternative Burger.

Think you've got a winning burger recipe? Go to buildabetterburger.com for details on how to enter this year's Sutter Home Winery burger contest.

Little Italy sausage burgers

Prep time: 15 minutes Cooking time: 12 minutes Makes 6 servings

MAYONNAISE

- ⅔ cup mayonnaise
- ⅓ cup red-wine vinaigrette

BURGERS

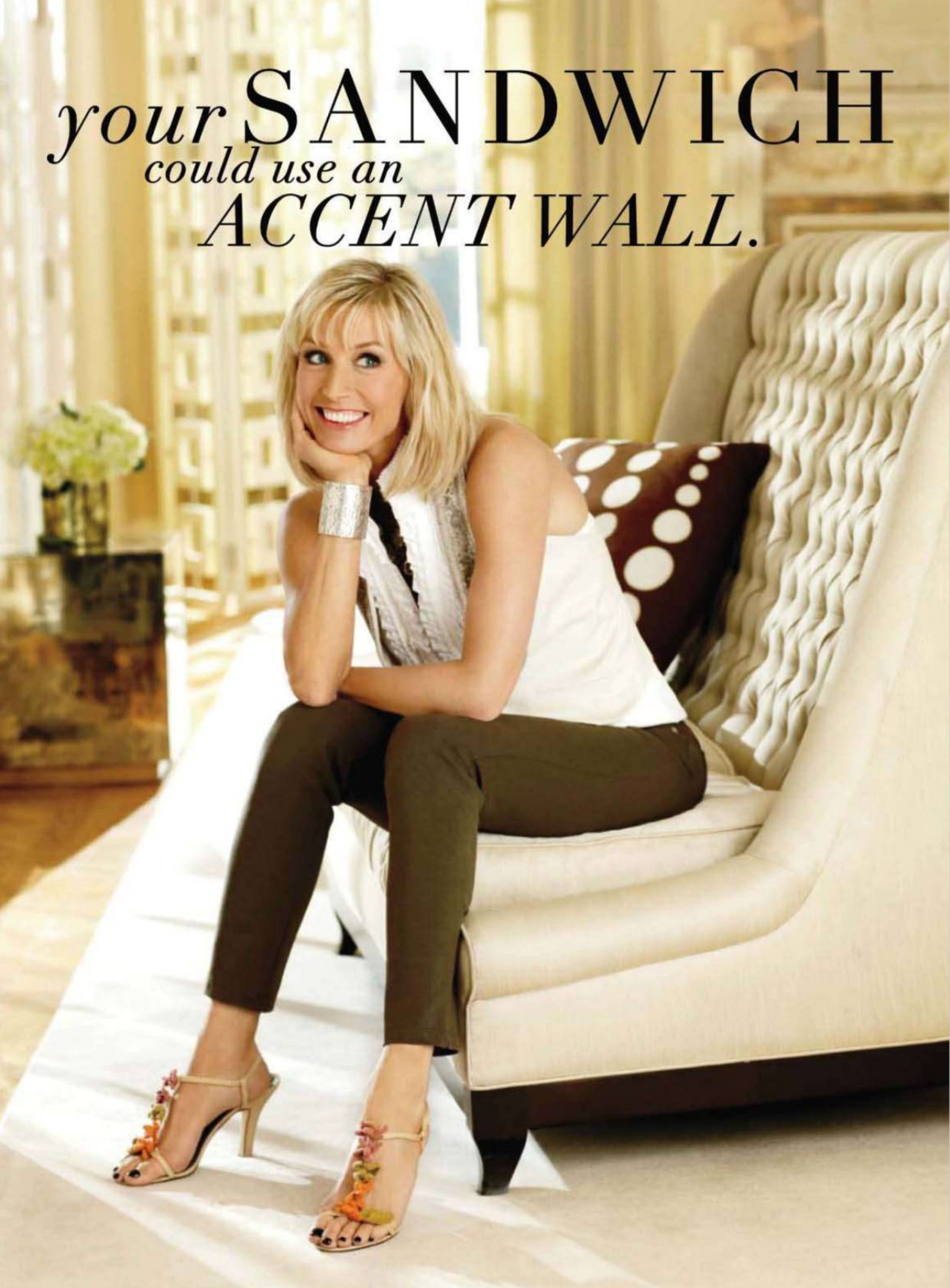
- 1 lb bulk sweet Italian sausage
- 1 lb ground pork
- ½ cup *each* chopped pickled peperoncini*, grated Asiago cheese, and Italian-style breadcrumbs
- 1 tsp kosher or coarse sea salt
- 9 oz fresh mozzarella cheese, cut into 6 equal slices
- 6 pieces focaccia bread, sliced horizontally into 6 bun-size pieces
- 6 thin slices red onion
- 2 cups coarsely shredded romaine lettuce

1. Prepare a medium-hot fire charcoal grill, or heat a gas grill to medium-high.
2. **Mayo:** In a small bowl, combine mayonnaise and vinaigrette; mix well. Cover and refrigerate until ready to use.
3. **Burgers:** In a large bowl, combine sausage, pork, peperoncini, Asiago, breadcrumbs, and salt. Mix well, handling the meat as little as possible to avoid compacting it. Form into 6 equal patties to fit the bread.
4. Brush grill rack with vegetable oil. Place patties on rack, cover, and cook, turning once, 5 to 6 minutes per side, until fully cooked or an instant-read thermometer reads 155°F. During the last few minutes of cooking, top each burger with mozzarella to melt and place bread slices cut side down on the outer edges of the grill to toast lightly.
5. **To assemble:** Spread mayonnaise mixture on cut sides of bread slices. On each bottom, place a patty, then an onion slice, and some of the lettuce. Add bread tops and serve.

**Jarred peperoncini can be found in Italian grocery stores or where Italian food products are sold in the supermarket.*

Rebecca Reese, of Henderson, NV, won Best Alternative Burger in 2007 with this Italian sausage–inspired creation.

From *Burger Parties: Featuring Winning Recipes From Sutter Home Winery's Build a Better Burger Contest*. Copyright © 2010 by Sutter Home Family Vineyards. Published by Ten Speed Press/Crown Publishing Group/Random House, Inc.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could use an
ACCENT WALL.

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Hungry Girl's frosty favorite

Rev up your blender: This dreamy, creamy milk shake is icy bliss—and completely guilt-free!

Chilla in vanilla milk shake

Looking for a decadent frozen drink? Dunk your straw in *this*.

- ½ Tbsp Coffee-Mate Sugar Free French Vanilla powdered creamer
- ½ cup fat-free vanilla ice cream
- ½ cup light vanilla soy milk
- 2 no-calorie sweetener packets (such as Splenda)
- ⅛ tsp vanilla extract
- 1 cup crushed ice or 5 to 8 ice cubes
- 2 Tbsp fat-free Reddi-wip

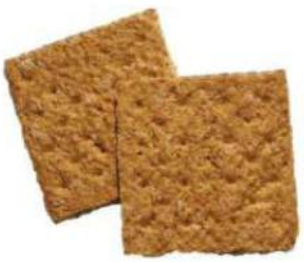
In a small bowl, combine powdered creamer and 1 Tbsp hot water and stir until dissolved. Transfer mixture to a blender. Add all other ingredients except Reddi-wip to blender. Blend at high speed until completely combined. Pour shake into a glass and top with Reddi-wip. If you like, finish it off with a cherry!

Makes 1 serving.
162 cal, 2.25g fat, 28.5g carb, 1g fiber, 6g protein

Lisa Lillien, a.k.a. Hungry Girl, knows which foods taste great *and* keep the scale in check—and she wants to share her tips with you. For more hints, tricks, and recipes, sign up for daily emails at hungry-girl.com.

Yummy mix-ins

Not feeling so vanilla? Add just one of these extra ingredients to the recipe at left.



GRAHAM CRACKER GOODNESS: Low-fat graham crackers give fantastic crunch. Crush up half a sheet and sprinkle the pieces over your finished drink—or blend them in. You'll add 30 calories and 0.5g fat.

FRUITY FREEZE: I love to add bananas or mangoes; if you use frozen fruit (buy it that way or freeze it before you blend), your drink turns out thicker and more delicious. A half cup of either is 60 calories.

Get 25% off PB2 peanut butter! Just enter the code THXRBANDHG when you place your order at bellplantation.com.

PEANUT BUTTER BLAST: PB2 Powdered Peanut Butter packs protein and gives your shake a tasty PB-licious flavor without the added calories and fat of traditional nut butters. One 2-Tbsp serving has only 45 calories and 1.5g fat.

SWEET SHOTS: Customize your shake for zero calories with Torani sugar-free syrups. Try nutty flavors, fruity ones, and dessert-y kinds (like caramel). Find them in the coffee aisle of your grocery store or order at torani.com.

PHOTOGRAPHED BY LARA ROBBY/STUDIO D. FOOD STYLIST: LORI POWELL/SUBLIME MANAGEMENT. PROP STYLIST: JEN EVERETT. GRAHAM CRACKER: PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D. ILLUSTRATION: COURTESY OF HUNGRY GIRL INC.

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CHICONOMICAL CELEBRATIONS

with Sauza® TEQUILA

"LIFE SHOULD BE A CELEBRATION, AND CREATING SOMETHING THAT BRINGS PEOPLE HAPPINESS IS SUCH A REWARD."
—CATHY RIVA, CELEBRITY PARTY PLANNER

Celebrate summer in girls-only style! Whether you're inside, outside, or poolside, a get-together that combines food, friends, and fun is the ideal way to soak up the season. **Treat your guests to a festive gathering with these chiconomical tips from celebrity party planner Cathy Riva.** You'll toast to good times—without burning a hole in your wallet.

1. **Expand your guest list.** Go beyond the usual group and invite a few gals from outside your immediate circle. Who knows? You may meet a new friend or make a connection you never imagined.

2. **Serve it simple.** No need to whip up a fancy, elaborate meal. Instead, keep food bite-size to encourage mingling. Make it more memorable by using clever serving skewers, shot glasses, and small tapas plates.

3. **Create a summer sound track.** Ask each friend to email her five favorite tunes; then make a mix to play during the party. Everyone will hear a song she loves—and fall for one or two new ones.

4. **Decorate with seasonal style.** Put fresh summer flowers in a colorful pitcher, place an array of seashells in a glass bowl, or fill a glass vase to the brim with bright colored candy.

5. **Get the Sauza® out.** With **Sauza® Blanco Tequila** it's easy to get creative and mix up sensational summer drinks. Its smooth, fresh taste at a price you'll love will add the perfect touch to your festivities.

SAUZA® CHICARITA

1 can of frozen limeade
1 bottle of light beer
1 can of Sauza® Blanco Tequila
1 can of water

Pour frozen limeade and beer into pitcher with ice. Fill empty limeade can with Sauza® Blanco Tequila and pour into pitcher. Fill empty limeade can with water and pour into pitcher. Stir and enjoy (responsibly). Makes 9 servings.

Cathy Riva Photo credit: Jeri Anne Hines
Sauza® Blanco Tequila. 40% alc./vol. ©2010 Sauza Tequila Import Company, Deerfield, IL.

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For recipes and party tips visit facebook.com/sauzamargaritas

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GET THE SAUZA TEQUILA OUT FOR LADIES NIGHT IN

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Everything you need for 12 perfect weekends

That's how many you get from now till the end of summer, and we want you to love every one of them. Chillaxation is guaranteed with these ideas for picnics, road trips, get-out-and-play games, and totally silly fun.

PRODUCED BY KRISSY TIGLIAS
WRITTEN BY ANNA DAVIES

Cold beer + tunes = Ahhh

Now here's a genius idea: a soft-sided cooler that holds a six-pack of our new favorite beer, BrewDog (it's British and so refreshing) and that *also* has a built-in iPod connection and speakers. BrewDog beer, $9 for 6; Whole Foods Markets. Speaker beach cooler with MP3 player, $79; potterybarn.com.

Keith Urban's playlist

Whether he's jamming with his buddies or doing some easy summer listening, Keith Urban knows that every bash is better with a beat. From now through Labor Day, Keith's rocking on his Summer Lovin' Tour, sponsored by KC Masterpiece Barbecue Sauce. Here, he shares his favorite summer songs:

- **Let My Love Open the Door,** Pete Townshend
- **Fool to Cry,** The Rolling Stones
- **Wild West End,** Dire Straits
- **I'm Alive,** Kenny Chesney (with Dave Matthews)
- **Are You Sure Hank Done It This Way,** Waylon Jennings
- **Alive,** Black Eyed Peas
- **Highway 20 Ride,** Zac Brown Band
- **How 'Bout Them Cowgirls,** George Strait
- **Something to Talk About,** Bonnie Raitt
- **Funky Tonight,** John Butler Trio

SPF smarts

DON'T FORGET TO SLATHER SUNSCREEN ON HIGH-BURN ZONES: Ears, lips, tops of feet, scalp along part line, underarms, and chest along clothing line.

Adult beach blanket, $50; landsend.com. Bean ball bocce, $20; walmart.com. Soft-tip sky darts (you toss them at targets on the ground), $30; kohls.com. Horseshoe set, $59; llbean.com.

STUDIO D.

PHOTOGRAPHED BY LARA ROBBY

Party at a private concert with Keith Urban! Enter to win a chance to attend an exclusive backyard barbecue with Keith in Nashville. For details, turn to page 199.

Classic snacks

Old-fashioned paper straws will put a smile on everyone's face, and paper snack cones make even carrot sticks a special treat. (They're also great for holding cheese curls and chips!)

THE TASTIEST, EASIEST LEMONADE RECIPE EVER

1 cup sugar
3 cups water
1 cup fresh lemon juice
lemon slices and mint sprigs, for garnish

1. In a small saucepan, heat sugar and 1 cup of the water to a boil, stirring to dissolve sugar; simmer for 5 minutes. Let cool; refrigerate syrup until chilled.
2. In a pitcher, mix remaining water, lemon juice, and chilled syrup. Serve in tall glasses over ice. Garnish with lemon slices and mint leaves, if desired.

Belgian frites cones, $1 to $1.50 for 10; friteshop.com. Viva ice pitcher, $18; uncommongoods.com. Retro barber-striped paper straws, $3 for 50; modernlola.com.

PROP STYLIST: JEN EVERETT.

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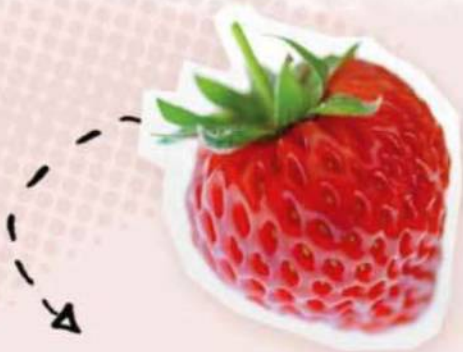

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Better kebabs

Oh, the easy fun of food on a stick. For maximum flavor and minimum fuss, you'll want to use just the right tool for the job.

For marinated meats and veggies: A 31-inch-long flexible stainless-steel skewer flexes easily to fit in a bag or bowl for marinating. $10 for 2, broadwaypanhandler.com.

For boneless chicken and pork: It can be hard to push food off a standard skewer (especially with a plastic fork!), but sliding skewers have a moving disc that helps you push food onto your plate with one controlled motion. $38 for 4; williams-sonoma.com.

For shrimp, peppers, and other slippery foods: Double-pronged skewers keep food from spinning when you flip it on the grill. $2 each; crateandbarrel.com.

For any food that could use a woody-smokey kick: Thread meats and veggies onto wooden skewers to infuse them with flavors of cedar, hickory, and maple. Soak the skewers in water ahead of time to prevent burning. $9 for 10; surlatable.com.

Fyrkat picnic charcoal grill, $50; bodumusa.com.

mommyisms: insights from mom to mom

Now, the simple joy of a Happy Meal® leads to a simple act of kindness.

The Happy Meal she loves now helps families be closer to the ones they love. And that makes every trip to McDonald's® even more special for me.

She's happy and I'm happy to help. Sharing a great meal with my family and helping Ronald McDonald House Charities® too? That's a Happy Meal.

Every Happy Meal sold now supports Ronald McDonald House Charities.

Your donation goes to help more than 700 families of hospitalized children each day.

i'm lovin' it®

McDonald's donates 1¢ per Happy Meal sold, at participating McDonald's® beginning June 25th. ©2010 McDonald's

A great water workout

Dara Torres, Olympic gold medalist and mom of 4-year-old daughter Tessa, shares three simple ways to turn pool playtime into a fun shape-up session.

1. GO FOR A RUN. Jogging in place in the water is a low-impact way to burn calories and tone muscles. Choose a part of the pool where your feet just touch the bottom and jog in place, Torres suggests. Do this for 10 minutes to warm up, then alternate one minute of hard work with two minutes of easy running.

2. PLAY GAMES. Tag, Marco Polo, or impromptu races are all simple ways to make your pool time more active. "I'm always splashing in the shallow end with Tessa," Torres says. "Just playing can bring up your heart rate and make you feel great."

3. SET A FUN FITNESS GOAL. Give yourself a challenge this season—whether it's perfecting a new stroke or swimming 20 laps without stopping. "Creating a goal that's manageable will give you such a thrill when you meet it," Torres explains.

WATERPROOF WONDERS: Splash as much as you want—water rolls right off these games and gadgets. Airmail pouch, $9; fredflare.com. Speedo women's analog date watch, $56; swimoutlet.com. Invisible playing cards, $7.50; vat19.com. Fujifilm Quick Snap waterproof single-use camera, $16; amazon.com.

"DELICIOUS NEWS: WISH-BONE® HELPS YOU ABSORB MORE OF THE VITAMINS IN YOUR SALAD.
The nutritious oils in Wish-Bone® help the body better absorb the antioxidants vitamins A and E from salad.* So a splash of Wish-Bone® dressing doesn't just add great flavor. It helps you get more of the goodness from your salad. Can a dressing really do that? The oils in Wish-Bone® can."
Visit wish-bone.com to learn more about Tyler and find out how to make nutritious salads.
-Tyler Florence: Chef, Television Host and Restaurateur
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Get more from your salad.
*Vs. a salad without dressing. Wish-Bone dressings contain up to 130 calories, 13 g fat, 2 g saturated fat, and 340 mg sodium per serving. The actual increase in absorption will vary depending on the amount and type of dressing used and the type of salad. ©2010 Unilever.

A hose for all reasons

This bright yellow, tangle-free 50-foot hose keeps the vegetable garden hydrated and the neighborhood kids cool and happy—and when you're done, it retracts into a space-saving coil. Don't like yellow? It also comes in red and green. Coil hose with nozzle, $20; target.com.

Wet and wild rides

Make a splash at the coolest new water-park attractions.

- No mat. No cart. No fellow riders. On the **SCORPION'S TAIL AT NOAH'S ARK WATERPARK** in Wisconsin Dells, WI, the floor of your very own "launching pod" slides away to send you on a 40-foot drop.
- If seven hills, two underground tunnels, and a 38-foot drop impress you, check out the **WILDEBEEST AT SPLASHIN' SAFARI** in Santa Claus, IN. At a third of a mile, it's the world's longest water coaster.
- Talk about adding luxury to a lazy river ride: You can have a headrest, footrest, or both on the Build-a-Raft river ride at **LEGOLAND WATER PARK** in Carlsbad, CA. Plus, you and the kids can customize the family float with as many Lego bricks as you want.
- Take a deep breath, lie down on your mat, and slide headfirst down the **SLICK ROCK RACER AT DOLLYWOOD'S SPLASH COUNTRY** in Pigeon Forge, TN, a 300-foot multiracer slide. Race your guy and the kids—last one in has to do it again!

NEW

You could say this toasty, crispy sub wasn't from a sub shop.

But your mouth wouldn't believe you.

Stouffer's

NEW Toasted Subs
Melted cheese and delicious meats, on bakery-fresh-tasting bread that crisps from the microwave in minutes. **Let's fix dinner.**™

Try all 4 delicious varieties.

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Cabana tabletop food tent, $11; organize.com. French Bull melamine ice bucket with tongs, $40; frenchbull.com.

A bug-free picnic

Retro-chic food tents keep flies and other winged things out of your pie. And Lisa and Ron Beres, authors of the book *Just Green It!*, offer their best solutions for keeping ants away—without using harsh chemicals.

- **Sprinkle cinnamon, black pepper, or ground coffee** around the legs of your table. Ants are repulsed by these scents and won't dare cross these natural borders.
- **Fill a spray bottle with a 50-50 concentration of lemon juice and water** and spray around the eating area. Unlike most humans, ants don't like the smell of lemons.
- **Make a small moat of soapy water** around the legs of the picnic table. This will deter ants from climbing up the legs.

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Instant mood lighting

Alberino lantern, $15; zgallerie.com.
Reed hurricane, $50; crateandbarrel.com.

A *really* scary story

Light some candles and scare the bejeesus out of your kids with a great ghost story. Try these tips from LJ Smith, creator of *The Vampire Diaries*.

- **CREATE CHARACTERS YOU REALLY LIKE.** Make them vulnerable and admirable, and put them in a situation where the stakes are high and your audience wants them to succeed.
- **MAKE IT PERSONAL.** Say the story happened to a friend of a friend or a cousin of your college roommate. It's even more dramatic when creepy things happen to someone you know.
- **LAYER ON THE DETAILS.** What are your characters wearing? Are they fighting? Where are they coming from when their car breaks down and they hear a mysterious noise in the distance? A listener needs to picture the scenes in order for shivers to happen. (Of course, if your audience gets really freaked out, you could always admit at the end that you made the whole thing up.)

TUSCAN COUNTRYSIDE

Barilla
PENNE

Some fall in love with Tuscan
Cuisine as soon as they arrive.

*****

Others love it so much they never leave.

Aldo has lived on a hill overlooking Siena his entire life. Part of an ancient form of sharecropping called Mezzadria, he works the olive grover in exchange for a portion of the farm's produce. And while most everything in Aldo's kitchen comes from the land, there's one thing that comes from the market — Barilla pasta.

www.DiscoverBarilla.com

Barilla Penne
with spinach, cherry tomatoes and Tuscan Pecorino cheese

Ingredients

Barilla Penne	1 box
Extra virgin olive oil	4 tbsp, divided
Garlic	1 clove, chopped
Cherry tomatoes	4 cups, halved
Fresh baby spinach	1 (6 oz.) bag
Tuscan Pecorino cheese	1 cup, shaved

Salt & black pepper to taste

For the complete recipe visi
DiscoverBarilla.com

Barilla
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Downtime

Movies, Music, TV, Books, Travel, and Fun

NOT YOUR TYPICAL CHICK FLICKS

Let's hear it for the girls. With all the testosterone charging around the theaters these days, we're glad to see the women take center stage in these three movies.

THE KIDS ARE ALL RIGHT Annette Bening and Julianne Moore star in this warm and smartly funny dramedy as a lesbian couple whose teenage kids decide to track down their sperm-donor dad (Mark Ruffalo). **Opens July 7.**

RAMONA AND BEEZUS If you're like us, you fell for this unstoppable sister duo long ago in Beverly Cleary's classic book series. Now relive your childhood—and introduce your daughter to two new friends—as they come to life on the big screen. Starring Josh Duhamel, Selena Gomez, newcomer Joey King, Bridget Moynahan, and Sandra Oh. **Opens July 23.**

SALT The starring role in this action thriller, a CIA officer/suspected spy on the run, was originally planned for a man. Then Angelina Jolie came along—and the rest was her-story. **Opens July 23.**

TV

THE MONTH'S WATERCOOLER CONVERSATION TOPIC

Bust out the pinstripes and the pumps: Our favorite office drama, *Mad Men*, is back for its fourth season. Is Don and Betty's marriage really over? Will the new agency survive? Find out on July 25 (AMC, 10 p.m. ET).

TRAVEL

The summer's best playdate For its Lego Build-a-World Weekend, the Frank Lloyd Wright Preservation Trust wants you to help build a giant Lego community. On July 24, from 10 a.m. to 4 p.m., families are invited to S.R. Crown Hall in Chicago to construct a 3,000-square-foot Lego city. Admission is free, and the city will be open to the public for a week beginning July 25. Get more information at gowright.org.

BOOK

Read it in the tub

The Cookbook Collector
by Allegra Goodman

It's 1999—before iPods, before *blog* became a verb—and Emily Bach has become CEO of a Bay Area start-up. As her boyfriend jealously watches Emily's power (and stock portfolio) rise, Emily decides to reveal the details of a secret project to him as a way to prove her love. Will this knowledge cement—or destroy—their love? Find out in Goodman's deliciously readable novel.

MOVIE

The entertaining eye-opener

Think Hugh Hefner: What comes to mind first? Blondes and bathrobes? Or impassioned civil-rights advocacy? You might just change your answer after seeing the thought-provoking new documentary ***Hugh Hefner: Playboy, Activist and Rebel.*** Opens July 23.

Hef sure cleans up nice: the original playboy in his younger days.

CLOCKWISE FROM TOP: SUZANNE TENNER/COURTESY OF FOCUS FEATURES, COURTESY OF PUBLISHER, ARCHIVE PHOTOS/GETTY IMAGES, FRANK OCKENFELS/AMC, COURTESY OF SONY.

Downtime

MUSIC

The perfect album for all dancing queens

Kylie Minogue celebrates her dance-floor roots on *Aphrodite*, her 11th studio album and the first one since *X* was released in 2007. The songs' juicy pop hooks will have you busting a move at the block party,

on the beach, or just cutting up your own living room rug. **On sale July 5.**

MOVIE

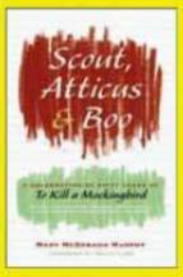
The guy we can't get enough of

That would be Steve Carell. Happily, this month, there's plenty of Steve to go around. In the 3D animated *Despicable Me* (opening July 9), the hilarious hijinks of characters voiced by Carell, Will Arnett, Jason Segel, and Kristen Wiig deliver laughs, special effects, and adventure your whole family will love. *Dinner for Schmucks* (July 23) turns a heartless premise—bring the biggest schmuck you know to a dinner party—into a winning production thanks to the comic genius of Carell, Zach Galifianakis, and Paul Rudd.

FROM THE HA! FILES

"There's a very limited amount of things one can do in the bathroom while still operating within the bounds of normalcy. I will go ahead and tell you that skulking for hours on end with a notebook under your arm, periodically setting off the automated hand dryer, is not one of those things." —From Sloane Crosley's laugh-out-loud (and occasionally cringe) essay collection, *How Did You Get This Number*, about the myriad mishaps of everyday living.

BOOK SMARTS



"Before I can live with other folks I've got to live with myself. The one thing that doesn't abide by majority rule is a person's conscience." That's how *To Kill a Mockingbird*'s Atticus Finch explained his choice to defend Tom Robinson in court to his young daughter, Scout. Five decades after Harper Lee's classic novel was first published, it still inspires us to find our own truth. Celebrate the book's 50th anniversary by rereading the novel, or check out *Scout, Atticus & Boo*, a retrospective in which author Mary McDonagh Murphy interviews prominent American writers and thinkers, including Oprah, James Patterson, and Adriana Trigiani, on how the book has influenced their lives.

MOVIE

THE SATISFYINGLY SURREAL SCI-FI FIX

Brainteasers don't get better than ***Inception***. The intricate plot (about characters who invade dreams to steal secrets) gets us too tangled up to fully explain here. But we can tell you this: It's got action, tons of psychological thrills, and an A-list cast including Leonardo DiCaprio, Ellen Page, and Marion Cotillard. See it opening weekend; discuss it all month long. **Opens July 16.**

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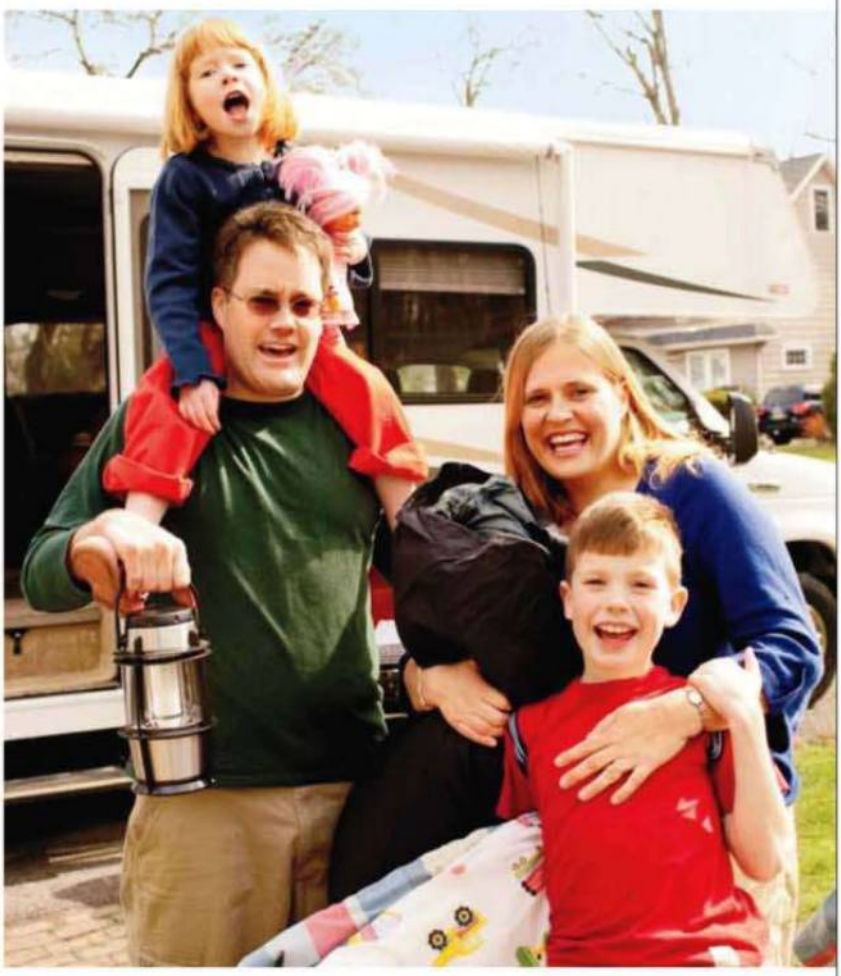
Taking their show on the road: The O'Connors get psyched to pack their RV and head out. Gail's favorite part? She can just bring clothes from the house to the RV (no suitcases!) *and* there's plenty of room for lots of toys and games to entertain the kids.



Getaway

Take a great American road trip

"There's no way I'm going on an RV vacation." That's what **Gail O'Connor** said before she did just that with her family—and loved every single thing about it.

We needed a vacation. I was so ready for a break from my daily routine of schlepping our two kids from one activity to another in my mom-mobile. I wanted to be pampered, to sit poolside and have cabana boys bring me colorful cocktails between my spa appointments. So when REDBOOK invited us to take a recreational vehicle for a spin, I wasn't jumping out of my chair. An RV? Wasn't that like the monster truck of minivans?

"It's going to be great!" said my husband, Dan, who's always wanted to do this kind of trip. In fact, he's often joked that someday we would be spending our retirement traveling in our own camper. I, on the other hand, haven't thought about RVing since the day I outgrew my Barbie Beach Bus.

But Dan had already recruited our kids, Declan, 7, and Katie, 4, to his side. "We're going on a trip in an RV!" they squealed. "Hooray!" And before I knew it, we were packing a week's worth of clothes, toys, and food into our borrowed, brand-new Winnebago Outlook, the midsize luxury liner of recreational vehicles. I still wasn't sold on the idea, but as I shifted essentials straight from our dresser drawers and kitchen cabinets into the RV's, I had to concede I was loving **Benefit #1 of RV travel: No need for suitcases!** Plus, it was hard to ignore **Benefit #2 of RV travel: Kids *really* love it!** From the moment a Winnebago representative pulled the behemoth into our driveway, Declan and Katie couldn't wait to step aboard and flip every light switch, check out their beds, and flush the toilet.

While my husband, the new King of the Road, got an orientation about our Outlook's many gizmos and gadgets, I checked out the accommodations. I have to admit, I was impressed. Not only was

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Your second wind has arrived... boy does it taste good.

Ritz Crackerfuls. Snack on real food.

Made with real cheese and 6 grams of whole grain per serving, it's the snack that helps satisfy your hunger until your next meal.

Try our newest flavor Cheddar Cheese & Bacon.
Natural flavor with other natural flavors.

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Ritz. Open for fun.

"The kids loved every adventure—and loved going back to the RV just as much!"

All-American adventure: At Jamestown Settlement, we got to board sailing ships; Declan on a hike in Shenandoah National Park; in Colonial Williamsburg, Katie loved wearing a historical costume (with sunglasses).

there a comfy lounge area with a couch and a table, there was also a separate bedroom for the King and me in the rear. With the turn of a key, we could slide out both rooms for extra floor space, a feature that especially entertained my Transformers-loving son. The RV had a small kitchen with a stovetop, microwave, refrigerator, and freezer. There was also a shocking amount of storage, with closets and drawers everywhere. The icing on the cake: a large flat-screen TV with surround sound, and a second flat-screen in our bedroom. This tricked-out home-on-wheels revealed to me **Benefit #3 of RV travel: No more of the backseat complaining that usually comes along with lengthy car travel.**

As I was loading armfuls of towels and board games into the RV's cabinets, the King was at the "waste disposal" part of the orientation. At some point, we'd have to empty the gray water tank that would hold our used water, and the black water tank that would hold... you know. The King smiled mischievously. "Don't look at me," I said.

Some hours later, armed with enough boxed mac and cheese to last a week, we headed south from our New Jersey 'burb to the warmer pastures of Virginia, where we hoped to hit it all: the beaches, the mountains, and historic Colonial Williamsburg. With my husband behind the wheel, we pulled off our street and through our leafy neighborhood. Our kids could barely contain themselves in their seat belts in the back. Even I was starting to feel the excitement. "We're on a road trip!" bellowed the King, which was followed by an eruption of cheers. As we got onto the parkway entrance that's two miles from our house, Katie yelled out too:

"Are we there yet?"

Where you can RV for free

We'd originally planned to head to the sandy shores of the coast. But with rain in the forecast, we switched things up and decided to head to the mountains instead, where we could tour the underground rock formations in the caverns of Virginia. **Benefit #4 of RV travel: You're not a prisoner of your plane and hotel-room reservations.** If the weather was going to be lousy, we had the freedom to revise our itinerary however we chose.

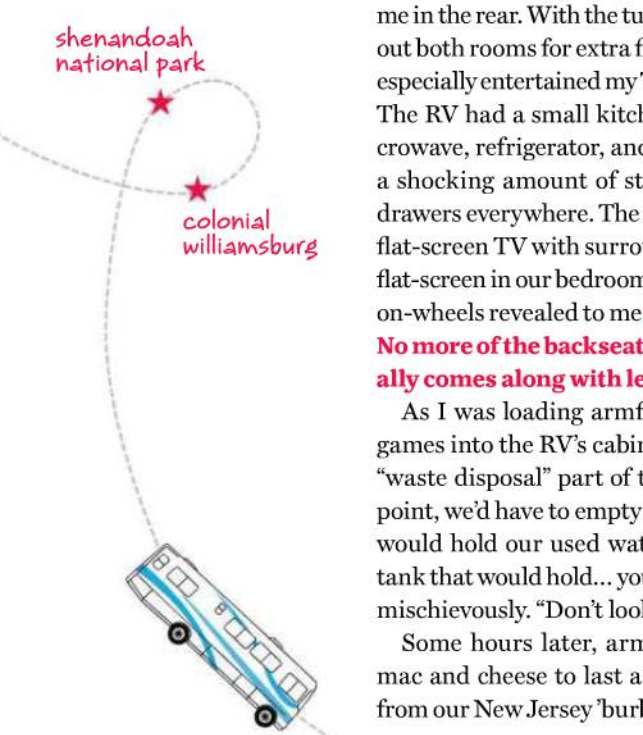
As we drove along the interstate, housing developments gave way to barn silos, cows, and horses, all easily visible from the RV's bus-size windows. With the kids occupied, coloring at the table, we hoped to make it to Virginia by nightfall. Then it started to rain. Hard. The campsites we'd seemed to pass every few miles were now nowhere in sight. It was getting dark, and the kids were hungry. I remembered something our Winnebago rep had mentioned: that Walmart is very RV-friendly and permits overnight parking in many of its store lots. At the time, I'd laughed. No way were we doing that!

The King and I were discussing our options when we spotted it from the highway: a Walmart sign.

"Should we...?" he asked.

"Yes."

We drove into the parking lot, close to several other RV neighbors—how had I never noticed them at Walmart before?—and parked. We slid out our rooms, drew the shades, ate dinner, and watched some TV. We read to the kids and tucked them away in their beds. I peeked out the window at the quiet lot glowing under the parking lot lamps. My



COURTESY OF SUBJECT (3).

The Original Sundae Cone
ICE CREAM
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DRUMSTICK
My dad thought it was the perfect summer afternoon for a nap, but I thought it was the perfect time for a water fight! I surprised him with the hose, and just like that, our battle had begun. We chased each other around the yard until he gave in and said that I was the new King of the Back Yard.
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DEEP DISH PIZZA.

GOOD LUCK HOLDING OFF UNTIL LUNCHTIME.

FRESH-BAKED TASTE IN MINUTES.

TASTE. BELIEVE. **IT'S NOT DELIVERY. IT'S DIGIORNO.®**

BOOK

Share it with the club

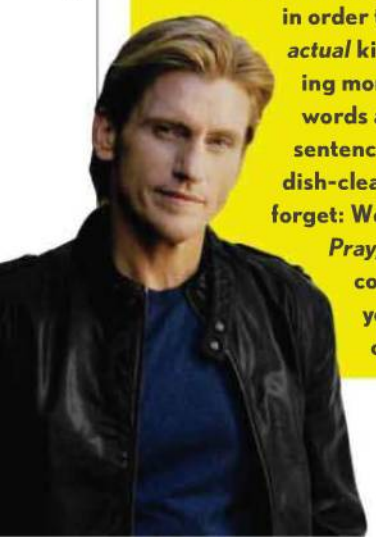
Backseat Saints **by Joshilyn Jackson**

Rose Mae has learned to roll with the punches—most potently, those doled out by her abusive millionaire husband. But when Rose meets a psychic who promises that her husband will kill her unless she kills him first, she realizes it's time to take control of her life. This newest novel from the author of the best-selling *The Girl Who Stopped Swimming* is by turns dark and comedic, and provides the perfect platform for a rich discussion on fate versus free will.

HOT GUY WITH A HANDY TIP

DENIS LEARY, star of FX's *Rescue Me*, shares how to get your guy to rescue *you* from that stack of dirty dishes:

"I used to work as a dishwasher, and I can't cook, so it's the natural order of things that when my wife prepares a sumptuous meal, my end of the bargain is cleaning up afterward. But of course, there are those evenings when I'm too tired or stupid or selfish where, as I'm eating, I'm already formulating excuses for why I'm not able to assume the task. My wife can read me like a book, so she begins to pepper the dinner conversation with phrases like, 'Could you pass the salt, Handsome?' and 'Hey, Sexy, how's your steak?' *Sexy. Handsome.* Yup, it's that simple. The male mind is so narrow that getting into our mental kitchens in order to get us to clean the *actual* kitchen requires nothing more than one or two key words attached to everyday sentences, and voilà! We're dish-cleaning demons. Don't forget: We didn't read *Eat, Pray, Love*. We used it as a coaster. Did you know you can fit four beers on top of that thing?"



TRAVEL

Where *not* to go this summer

Catherine Price's *101 Places Not to See Before You Die* is a "be glad you're not here" guidebook full of hilarious destinations you won't be Orbitzing any time soon. Here's a sampling of these unforgettable (in a bad way) spots:

THE GREAT PACIFIC GARBAGE PATCH One hundred million tons of debris estimated to be twice the size of Texas and 30 feet deep, swirling in the middle of the ocean. Snorkeling? Sure. Of the most depressing kind.

THE NORTH YUNGAS ROAD IN BOLIVIA The unofficial nickname of this 40-mile, treacherously narrow road that's bordered by a drop of up to 3,000 feet (oh, and no guardrails) is *El Camino de la Muerte*—the Road of Death. Its official nickname? The World's Most Dangerous Road.

THE SEATTLE GUM WALL Nestled into an alley next to the Market Theater in Pike's Place, this brick wall is completely covered with thousands of pieces of chewed-up gum. If you have any trouble finding it, take a good, hard sniff. The smell will usually lead the way.

·NOW MADE WITH·
ARTISAN BREAD.
IT ONLY SEEMS LIKE YOU WENT OUT FOR LUNCH.

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husband came into our room and shut the door. He was high on the adventure, and he cuddled up beside me in our queen-size bed. "If this van's a rockin'...," he said. Where were my poolside cocktails when I needed them?

Camping, here we come

The next morning, we hit the road under cloudy skies toward Luray Caverns. Once there, we walked down the softly lit winding paths and were amazed by the underground cathedrals of rock formations, some of which dangled like caramel icicles from above. From there, we drove down the Skyline Drive, the historic road that leads into the mountains of Shenandoah National Park. As we climbed up into the mountains and felt the air getting cooler, we spotted dozens of deer and waterfalls, and made frequent stops at the scenic overlooks dotting the roadway. "There are more species of native trees here than in all of northern Europe!" the King announced at one stop, reading from the sign. It would've been a nice natural-history lesson for the kids—if they weren't so obsessed with our new ride. "Mom, can we go back inside for a cookie?" Declan said.

We headed up to the Big Meadows campground, where our campsite had a fire pit for grilling and a picnic table. We spent the afternoon watching from our camping chairs as the kids rode their scooters around the quiet paths. For dinner, we made them grilled cheeses over our campfire. The next day we got up early to explore the visitor center, where we got the suggestion to hike to the 70-foot waterfall, just a short trip down the road. Even though we didn't have our hiking boots on, we went straight there. There lies **Benefit #5 of RV travel: All our stuff was always with us.** Unlike when you stay at a hotel and you constantly go back to the room to wash up or change, with the RV, there was no need to go back to the room—ever.

We took a rejuvenating, spectacular hike through the woods to the falls. I watched the pure joy on my kids' sunlit faces as we

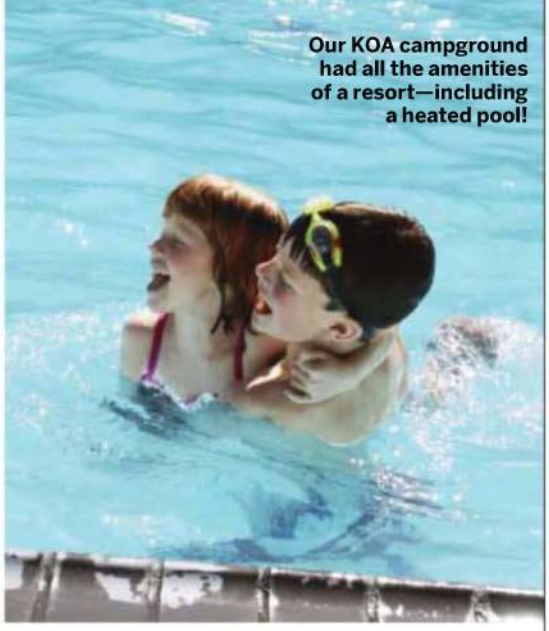
Plan your RV getaway

- **MAP YOUR TRIP.** Visit **GoRVing.com**, the best getting-going website for RV newbies, with info about where to visit, what kinds of RV's are out there, and how to make RV travel affordable, including helpful tips like how to save on fuel. The site offers several links to campgrounds on both public and private lands. At **koa.com** you can reserve an RV site (as well as tent sites and cabin rentals) at any KOA campground location.

- **BORROW AN RV.** To try before you buy, check out the Recreational Vehicle Industry Association's website, rvia.com, for a list of dealers that rent. Also, find out about options and costs at these two rental agencies: **Cruise America** (cruiseamerica.com) or **El Monte RV** (elmonterv.com).

- **BRING THE ESSENTIALS—AND THE FUN STUFF TOO.** You'll probably need to pack the same stuff you pack for any vacation, from sunscreen to sandals. But ask for more specific suggestions at the RV dealer, from experienced camping pals, or from the folks at the campgrounds where you're planning to stay. An RV veteran gave us one of our single most fun tips: to bring along a **Coleman Camp Cooker**, a long-handled "pie maker" we used to make campfire-cooked grilled cheese sandwiches.

COURTESY OF SUBJECT (2).



Our KOA campground had all the amenities of a resort—including a heated pool!

skipped rocks in the stream, with nowhere to rush to, and I thought about a quote from the ecologist Rachel Carson that I'd seen back in the visitor center: "Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts." I was starting to feel energized and calm at the same time in a way that overscheduled, theme-park kinds of vacation never left me. I'd be back to hotel rooms someday for sure, but this outdoor adventure was the kind of family trip everyone should experience.

Later, we topped a perfect day with campfire-cooked steaks, s'mores, and music on our RV's outdoor stereo. We washed up at the campground's heated showers the next morning (another thing we learned: "hookups" = electricity and hot water for your RV; no hookups is more rustic), and said good-bye to Shenandoah as we drove toward Williamsburg.

Loving the RV lifestyle

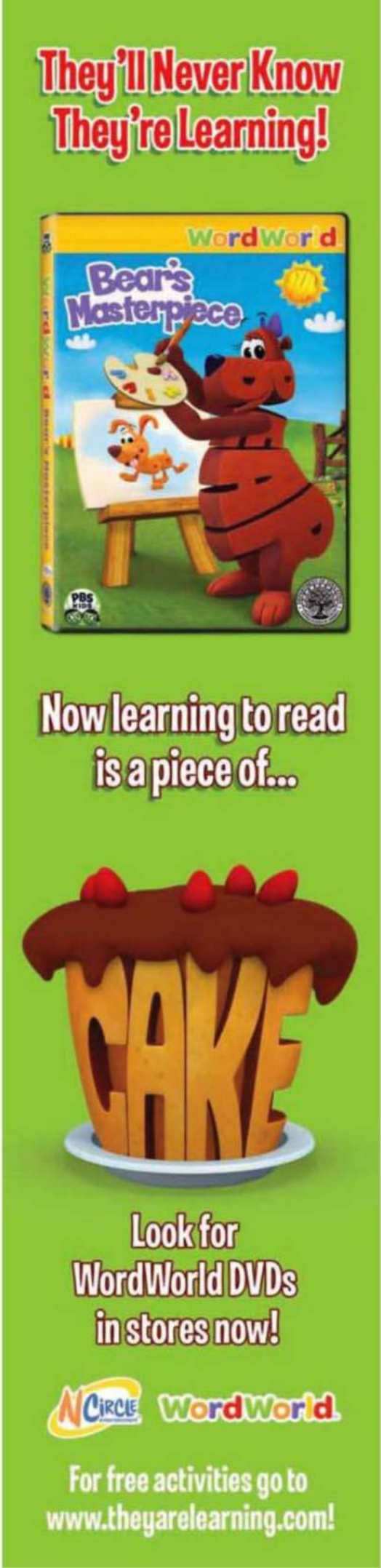
One of the many things we didn't know about campgrounds before our trip is how varied they are. Our stay at a national-park campground cost us a little more than the price of a pizza and was the equivalent of a basic room; in Williamsburg we moved up to the camper's version of the luxury suite when we checked in to a KOA campground. KOA had full hookups (i.e., we could shower in our own RV without worrying about having enough water), free Wi-Fi (yes!), and a full range of amenities, from a heated pool to organized games and movie nights in the evenings. The kids headed straight for the popular "jumping pillow," and I smiled as they seamlessly started playing with the other kids. Even I made pals with a hip mom of four, a college professor who'd settled in at the campsite beside us. I was discovering **Benefit #6 of RV travel: You meet so many fun people while on the road.** Our respective Kings of the Road hung out, and our kids hit it off too. And the college professor quickly let me in on **Benefit #7 of RV travel: RVing makes the biggest kid in the family (Dad) happiest of all,** and that goes a long way toward a great vacation. "He doesn't do much around the house, but *this* thing," she said, pointing to the RV they'd purchased a year ago and had taken just about everywhere, "he packs and unpacks the whole thing himself. He just loves it."

We spent the next few days exploring Colonial Williamsburg, where the kids donned rented Colonial costumes and took in demonstrations at an old-fashioned printing press and blacksmith's shop. Our family's favorite destination was nearby Jamestown Settlement. The kids mashed cornmeal, made knots in fishing nets, rubbed oyster shells over bearskins to make leather, and boarded the sailing ships docked on the river.

"It cost a little more than the price of a pizza for us to stay inside a national park."

Because we were having so much fun, we decided to stay one more day. We hadn't been itching to go to Busch Gardens—the super-duper theme park didn't seem in keeping with our tradition- and nature-centered road trip. But with some extra hours on our hands, why not? My heart warmed at how happy my daughter was to meet Elmo, and my son got in his first log-flume ride.

After the drive home to New Jersey, it was time to return our Winnebago. The King and the kids were sad to see it go, and to my surprise, so was I. **R**



"Wow, that was embarrassing!"

Readers share mortifying moments straight out of Animal Planet.

Have you had an "oops" moment?
Tell us about it. Email us at redbook@hearst.com (subject: Laughs); include your full name, your city and state, and a recent photo. Your story and picture could end up in REDBOOK!

Frogs—lots of frogs

On the drive home from our visit with family, my 7-year-old daughter, Rachel, began feeling queasy. We couldn't pull over safely, so I scrambled for something in which she could throw up; when I found what I thought was an empty little bucket, I grabbed it and yanked off the top. Dozens of tiny tree frogs jumped out! Everyone was screaming, poor Rachel was vomiting, and my husband was trying not to freak out behind the wheel. When we finally stopped, I asked her why there were frogs in the bucket. "I was collecting them," she sniffled. "Now they've all gotten away!"
—Teresa Bell Kindred, Summer Shade, KY

Poodles on the loose

At the end of a long day of driving home from Florida with our two standard poodles, Bella and Finny, we stopped at a hotel. We fed and walked the dogs, then left them in our room and went down to the hotel restaurant for a quick bite to eat. After we placed our orders, the manager came up to me: "Excuse me," he said, "but there are poodles loose on the third floor." I ran back upstairs, and sure enough, there they were in the hallway, visiting with other guests and running around. They had opened our room door all by themselves! It's a good thing they couldn't figure out how to use the elevator—who knows what floor they would have been on!
—Bonnie A. Wayne, Clifton Park, NY

Gift from a bird

When I was 18, my girlfriends and I were sunning on a blanket at the beach. Three guys caught our eyes, and I guess we caught theirs. The hotties started to come over to us, so I sucked in my stomach and stuck out my chest, trying to look as alluring as possible. As the tallest guy opened his mouth to speak, I felt a slap on my chest. Looking down, I saw what had hit me: A seagull had relieved himself! With eyes wide, the guy turned around and walked away.
—Karrie Simonin, via email

Cat panic

My husband and I moved from the United States to Vienna and brought our two cats; one of them was named Mozart. One day he ran away, and we spent hours walking the streets and yelling for him: "Mozart! Mozart!" At first I didn't register the faces of the Austrians looking at us, probably thinking, "Stupid Americans—Mozart hasn't been in Vienna for centuries!" In desperation, we even went to the local police and asked if we could hire a search dog. When the officers learned we were trying to find a cat, one of them said, "In this country, we do not use dogs to find cats." Happily, we found him under some stairs—our cat, not the composer!
—Masha Malka, Miami

Stop that dog!

While on a family vacation, I was walking our beagle, Molly, by the lake. I guess I wasn't paying close enough attention to her, because I accidently let go of her leash and she took off. I ran after her shouting, but she is quite a fast runner. She got near the water, and I finally started to catch up with her; I thought I'd grab her at the water's edge, but I was running too fast to stop—and I ended up in the lake completely clothed. A little boy managed to grab Molly's leash, and I did the walk of shame over to him, sopping with water, while my husband laughed hysterically from the shoreline—lovely!
—Sarah Lambert, Bethlehem, PA

FROGS: YUJI SAKAI/GETTY IMAGES. COURTESY OF SUBJECTS (3).

COMPILED BY LAUREN OSTER

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K10209

You on this beach. Ahhh.

1 reader will win a 5-day, 4-night stay for 2 at the Avila Hotel in Curaçao. Enjoy a complimentary champagne welcome in a deluxe room, breakfast for 2, and a couples massage at the Santai Spa. Airfare vouchers included. Total retail value, $2,907.

Best toy ever!

1 reader will win a Jeep Wrangler go-kart (shown) and a Jeep Junior Pedal go-kart from Jeep Consumer Products. The junior Jeep is perfect for driveway-only races, and the Wrangler is built to withstand a little big-kid off-roading. It's time to rev up! Total retail value, $1,228.

$259,785 worth of free stuff

Win It!

For a chance at these amazing prizes, log on to **redbookmag.com/winit.**

Luxe skin stuff

30 readers will each win the RoC Multi Correxion Skin Perfecting System. This three-step daily regimen, which includes a cleanser, a day cream, and a night cream, can help play down fine lines and wrinkles, even tone and texture, and reverse the signs of sun damage. Value of set, $50.

Gorgeous scent

30 readers will each win the Daisy Marc Jacobs Garland Edition eau de toilette spray. The fresh and feminine perfume has notes of strawberry, violet leaves, and grapefruit. Refreshing and romantic, this could just be your signature summer scent. Value of each, $57.

A cool watch

22 readers will each win an Accelerator watch from Tech4O. This sporty watch measures speed, distance, calories burned, and the duration of your workout. It also has a daily step counter, alarm, stopwatch, and timer. Value of each, $70.

Wii bit of fun

15 readers will each win a copy of EA Sports Active for the Nintendo Wii. Choose a preset workout or customize one of your own. Leg strap and resistance band included. Value of set, $60.

COLD, HARD CASH: WIN $250,000!

Last year, 1 lucky reader walked away with $100,000. Now you've got more than twice as many reasons to enter! Enter at win250k.redbookmag.com. See page 199 for details.

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FOR DETAILS, SEE PAGE 199. (NO PURCHASE NECESSARY.)

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Shopping Guide

TREND FLASH: SUPER-BRIGHTS
PAGE 33: Fantasy Jewelry Box **necklace**, $59; fantasyjewelrybox.com. Chanel Gloss Fluo de Chanel Brilliant **Lip Shine**, $27; select department and specialty stores, chanel.com. Tous **handbag**, $179; tous.com. M2M Damorejon **nail polishes**, $11 each; m2mdamorejon.com. Swatch **watch**, $50; Swatch stores nationwide, store.swatch.com. Laila Rowe **watch**, $38; Laila Rowe stores, lailarowe.com. Time Will Tell Watches **watch**, $65; 212-794-9100 and cdbltd.com for locations. Nars Turks & Caicos **Multiple Tint**, $38; narscosmetics.com.

RED CARPET TO REDBOOK: THE GOLDEN EYE
PAGE 38: Kimara Ahnert **eyeshadow**, $23; kimara.com. Rimmel London Glam'Eyes Mono **Eye Shadow**, $3.50; sears.com. Bobbi Brown Metallic Long-Wear **Cream Shadow**, $22; bobbibrowncosmetics.com.

TAKE 5: NEW WAYS TO STOP STUBBLE
PAGE 40: Bliss Poetic **Waxing Kit**, $45; Bliss Spas, 888-243-8824, blissworld.com. DuWop Clear Revolotion **self-tanner**, $28; duwop.com, beauty.com, skinstore.com. Borba Spandex Fiber Diamond Shimmer **Contour cream**, $32; dermstore.com.

BEAUTY CHECKLIST
PAGE 42: Beyoncé Heat **solid perfume ring**, $35; Macy's. Benefit **makeup palettes**, $38 each; Sephora. Spa Sister Bouffant **shower cap**, $8; bathaccessories.com. Essence Multi Action **Mascara**, $3.50; Ulta, ulta.com. Coach Poppy **fragrance**, $60; Coach stores, coach.com.

YOUR BEST SUMMER BEAUTY TOOLS
PAGE 49: Laura Geller Beauty Ingenuity **lamb's-wool paddle**, $17; lauragellercom. Sonia Kashuk purple **blending sponge**, $10; Target stores, target.com for locations. Adesign All Over Shadow **brush**, $22; adesignbrushes.com. Mai Couture 2 in 1 **oil blotting bronzing paper**, $33; maicouture.com. Smashbox **fan brush** #22, $18; smashbox.com.
PAGE 50: J&D Beauty Luxor Pro Wet **brush**, $12; beauty supply stores nationwide. Gold 'N Hot Professional ionic **hair dryer**, $40; sallybeauty.com, folica.com.
PAGE 52: The Perfect Formula **Crystal Pedi-Buff**, $32; perfectformulas.com, qvc.com. The Body Buddy **vinyl band**, $23; bodybuddy.com. Biotherm Celluli Shaker **massager**, $20; biotherm-us.com. Earth Therapeutics Naturally Anti-Bacterial Bath + Body **sponge**, $6; earththerapeutics.net.

WHITE HOT AMERICAN SUMMER
PAGE 140: Lands' End Canvas **dress**, $130; 877-877-1963, landsendcanvas.com. Bakers **sandals**, $60; bakersshoes.com. ZAD **necklace**, $60; lilacandlilies.com. Ariat International **belt**, $50; 800-899-8141, ariat.com. Loomstate **shirt**, $145; loomstate.org. Lands' End Canvas **shorts**, $40; 877-877-1963, landsendcanvas.com.
PAGE 141: Vintage Havana **dress**, $54; shopvintage havana.com. Curations with Stefani Greenfield **necklace**, $70; hsn.com.
PAGE 142: For Joseph **blouse**, $96; For Joseph, Newport Beach, CA, 949-759-0718, forjoseph.com. Sir Alistair Rai **scarf**, $168; satyarai.com. White House Black Market **sash**, $54; White House Black Market boutiques, 877-948-2525, whitehouseblackmarket.com. Marlyn Schiff **necklace**, $48; marlynschiff.com.
PAGE 143: Nicole by Nicole Miller for JCPenney **tunic**, $30; JCPenney stores, 877-FIND-JCP for store info, jcp.com. YumNY Swimwear **top**, $118; yumnyswimwear.com. White House Black Market **shorts**, $58; White House Black Market boutiques, 877-948-2525, white houseblackmarket.com. Song Valerie Gregori McKenzie **necklace**, $45; Fridas Kloset, Aventura, FL, 305-936-0467. Hanes **tee**, $13 for 3; hanes.com. Converse One Star for Target **boardshorts**, $20; target.com.
PAGE 144: Rebecca Taylor **hoodie**, $395; Fuchsia, Glen Ellen, IL, 630-469-7465. Aerie **tank**, $20; ae.com. Top Secret **top**, $50; topsecretsociety.com. Song Valerie Gregori McKenzie **pants**, $68; Fridas Kloset, Aventura, FL, 305-936-0467. Curations with Stefani Greenfield **necklaces**, $90 for set; hsn.com.
PAGE 145: Vintage Havana **shirt**, $72; shopvintagehavana.com. White House Black Market **skirt**, $158; White House Black Market boutiques, 877-948-2525, whitehouseblackmarket.com. Ann Taylor **necklace**, $48; anntaylor.com. Ariat International **belt**, $42; 800-899-8141, ariat.com. Lulu's **bracelet**, $14; lulus.com. Cleobella **clutch**, $242; L. Hermann, Newport Beach, CA, 949-378-7741. Marlyn Schiff **ring**, $32; marlynschiff.com. French Connection **shirt**, $78; select French Connection locations.
PAGE 146: Kenneth Cole Reaction Swimwear **swimdress**, $94; swimnsport.com. Avon **wedges**, $35; avon.com. Twinkle by Wenlan **necklace**, $97; Debra's Bayside, Fairhope, AL, 251-990-2282.
PAGE 147: Loft **blazer**, $98; loftonline.com. Maiya **tank**, $160; Sugar, Westlake Village, CA, 805-373-0423. Mavi **jeans**, $88; mavi.com. Trina Turk **pendant**, $258; trinaturk.com. CC Skye **bracelets**, $95 each; ccskye.com. Matt Bernson **cuff**, $25; mattbernson.com. Lands' End Canvas **polo**, $25; 877-877-1963, landsendcanvas.com. Old Navy **jeans**, $35; Old Navy, 800-OLD-NAVY for store locations.

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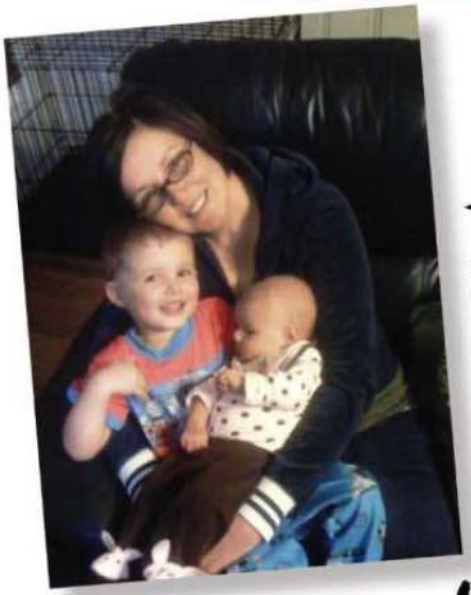

Unexpected

I was diagnosed with breast cancer 11 years ago, when I was just 29, and at that point there wasn't a lot of research about preserving fertility during treatment. I got through that ordeal, but when my husband, Chris, and I wanted to start a family, we endured several difficult years of miscarriages and infertility treatments. Then, three years ago, I successfully carried our son, Micah, to term. He was such a blessing, and we were so happy with our family of three. As a breast cancer survivor at high risk of developing other cancers, I'd planned to have a hysterectomy at age 40. So imagine my surprise when I went in for blood work and was told I couldn't have the surgery—because I was pregnant! Isabella Joy was born in January. I feel overwhelming love for both my kids. Nothing in my life has gone as planned or expected, but that's what makes it so beautiful. **—Jennifer Riley, 40, Lubbock, TX**

Joyful

Joy is something I seek out every day. Running and yoga make me feel good inside and out, and I'm a sucker for a good novel. I also find joy in being with my husband and two kids, Katherine, 9, and Joseph, 7, especially on our summer vacations to state parks—we've been to at least 16! Another great source of joy is my daughter's and my involvement in the UN Foundation's Nothing But Nets, a campaign that sends bed nets to protect families in Africa from malaria. In three years of fund-raising, we've sent more than 14,000 nets, and I recently had the opportunity to visit Uganda to personally distribute them. Handing a mother a net that will protect her family from a common, deadly disease was my definition of pure joy. **—Lynda Commale, 37, Downington, PA**

Blended Family

I lost a child in 2000 and my husband in 2002, and then it was just my son and me. Our lives were so quiet, and I missed the activity of family life. But after three years as a widow, I met a wonderful man who shares custody of his two kids, and we wed last June. Together we're raising three teenagers, and our lives are in a state of constant chaos with all their activities and social lives; we're perpetually rushing them around to soccer, Boy Scouts, and choir. Blending families has been difficult at times, but also such fun! We're loving the nonstop teen drama—but, I must admit, also looking forward to a time when they're all out of the house! **—Kimberly Castaneda-Gura Bassan, 43, Peachtree City, GA**

COURTESY OF SUBJECTS (3).

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